

Choose your dates and accommodations

For registrations before

July 1st	Room	Reduce rate*
Préparation 14-18/07	<input type="checkbox"/> 235 €	<input type="checkbox"/> 160 €
Full sesshin 14-22/07	<input type="checkbox"/> 325 €	<input type="checkbox"/> 230 €
Sesshin 20-22/07	<input type="checkbox"/> 125 €	<input type="checkbox"/> 95 €

Late registrations

	Room	Reduce rate*
Préparation 14-18/07	<input type="checkbox"/> 245 €	<input type="checkbox"/> 170 €
Full sesshin 14-22/07	<input type="checkbox"/> 335 €	<input type="checkbox"/> 240 €
Sesshin 20-22/07	<input type="checkbox"/> 135 €	<input type="checkbox"/> 105 €

* Reduced rates for students and welfare recipients.

We would like you to volunteer for some collective work so that the sesshin runs smoothly and which will help you and others as well. Please check below the services you would like to render during the sesshin.

- Can arrive on July 12th at 6 p.m. (must be confirmed by the organization)
- Presence the day of arrival at 3 p.m.
- Present on the departure day (22/07) until 4 p.m.
- Kitchen work
- Dining hall service
- Shopping
- Dishes
- Cleaning
- Bar
- Note taking
- First aid (doctors or nurses)

Several activities are offered during the session: Sutra study, kesa and rakusu sewing, "massages and stretching" workshop.

This camp can welcome parents accompanied by their children. Thank you for warning us at least 4 weeks in advance, so that an assistance can be organized according to our possibilities. Please note, however, that the children stay under the full responsibility of their parents during the whole camp.

The summer camp will be led by **Master Yuno Rech**, spiritual leader of the Zen Buddhist Association of Europe (ABZE). After a trip around the world which led him to practice Zen in Kyoto, he returned to France to follow the teachings of Master Taisen Deshimaru from 1972 to 1982. Shortly after the death of his master, he received the *shiho* (Dharma transmission) from Master Niwa.



He teaches the Zen practice at the Gyobutsuji temple in Nice (of which he is the abbot), at the Gendronniere Zen temple and in different sesshins throughout Europe.

Ordinations

For those who would like to invest themselves more deeply in the Zen practice, Master Yuno Rech will transmit bodhisattva, monk and nun ordinations. **In this case, you must do the whole session, because there will be an obligatory ordination workshop during the preparation.** If you wish to receive monk or nun ordination, please write to Master Yuno Rech at least 6 weeks before the camp, and let the person in charge of your dojo know that you are requesting ordination.

The camp is open to all: beginners and others. The teachings are in French and simultaneously translated into English. If requested, a daily summary in Dutch of the teachings will be provided.

ZEN

Summer session Godinne July 14-22, 2018



Led by

Maître Yuno Rech

Simultaneous
English translation

Association
BouddhisteZen
d'Europe

Tel.: +33 (0)4 93 80 81 49
E-mail: info@abzen.eu
www.abzen.eu

Zen in daily life

Zen is lived in daily life. A summer camp is an opportunity to learn this practice.

During a sesshin, intensive zazen practice sets the pace for the day and leads each person to intensively live each moment in harmony with the awakening of zazen. The practice of zazen is at the heart of the sesshin. It's the practice of the right meditation: sitting cross legged, concentrating on posture and breathing, back straight, body and mind in unity. Practicing zazen during a summer camp teaches us to become intimate with ourselves, to abandon our egotism and to harmonize with others.

Going to the source of things

The Zen practice consists of practicing vigilance and learning to know oneself. The teaching of Zen in the dojo becomes a living thing once it is experienced through the right attention to the various instances of daily life. During the camp, the different activities, meals, *samu* (communal work), *kesa* sewing (monk's meditation garment) are special times to apply the teaching of here and now in harmony with oneself and others.

Schedule

During the first five days (preparation), the fundamental points of the practice are emphasized: the posture, the breathing and the attitude of the mind. Each afternoon, different activities in relation to the practice are held, such as sutra study workshops. The 6th day is a day of rest. The two last days and the Sunday morning are dedicated to a more intensive practice of zazen.

Would you like to know more about our activities ?

Association
BouddhisteZen
d'Europe

Tel.: +33 (0)4 93 80 81 49
E-mail: info@abzen.eu
www.abzen.eu

Location

Collège de Godinne-Burnot, site de Saint-Paul,
Carrefour de l'Europe, 3 – 5530 Godinne
Tel.: +32 470 31 69 91 (not before the camp)

Directions

Motorway E411 – Bruxelles-Namur / Exit 16
Wierde, right, straight through, cross the N4
(roundabout) / Follow N941, straight on, (pass
the railway, the school of Nannine), curvy
road down to the Meuse river, turn left to
Rue de Jambes (N947) / straight on (6,5 km) /
After the railway station of Godinne, turn left,
Chemin des Meuniers / turn right, Rue du
Collège / 1st left, Rue Saint Roch / first right,
Rue des Grands Saules (alley of the College
through a park).

Public transportation

SNCB, train Namur/Dinant. Railway station
of Godinne is 1km from the College. Detailed
schedule available on <http://www.railtime.be>
Tel.: + 32 (0)25 28 28 28.

Please bring with you

- A sleeping bag or sheets and a pillow. Please note: bed sheets no longer available, blankets for rent (4 euros).
- A kimono or comfortable dark clothes.
- A zafu (meditation cushion).
- A zafuton (meditation rug) or a blanket.
- A bowl, eating utensils and a napkin, a cup for coffee. *Zafus will be sold at the session.*

Full session July 14 - 22

Arrival July 13
Departure July 22

Day of rest July 19

Preparation July 14 - 18

Arrival July 13
Departure July 18

Sesshin

July 20 to 22
Arrival July 19
Departure July 22

Registration by internet (recommended)

www.azb.be – www.abzen.eu

Registration by mail

Please return this form to:

Mieke Opdecam

Heirebaan 120

9400 Denderwindeke - Belgique

Tel.: +32 470 316 991

Email: sesshin.godinne@gmail.com

.....
NAME

.....
FIRST NAME

.....
ADDRESS

.....
POSTAL CODE CITY

.....
TELEPHONE

.....
E-MAIL

.....
DOJO BIRTHDATE

Monk First sesshin Sex
 Nun Yes M
 Bodhisattva No F

I wish to rent a blanket (4 €)

Payment by wire transfer, French bank check, or cash (on arrival)

Payment by wire transfer to the order of ABZE
IBAN: FR76 4255 9000 3241 0200 0363 484
BIC: CCOPFRPPXXX

Please make sure you give your name when making the transfer.

Arrival is in the evening of the dates indicated. To participate, you must be a member of the Zen Buddhist Association of Europe (fees 5 €, payment can be made at the session).