

# IZAUK

## a bit of history...

The essence of Soto Zen is *zazen*, the posture of awakening, which has been transmitted continuously from the time of Shakyamuni Buddha until today.

Master Taisen Deshimaru founded the Association Zen Internationale (AZI) to support the practice of *zazen* in Europe. The headquarters of the AZI are in Paris and the main temple is at La Gendronnière near Blois, France.

Nancy Amphoux and Jean Baby, a nun and a monk, brought the teachings and lineage of Master Deshimaru to the United Kingdom in 1986. They followed him for many years and devoted themselves to transmitting the practice of true zen throughout the UK. Within a decade they established more than ten *dojos* (places for the practice of *zazen*).

The International Zen Association UK (IZAUK) was founded in 1986 to support the zen dojos which follow Master Deshimaru's teaching in the UK and it continues to support the individual friends of IZAUK through their local dojos.

IZAUK is a charitable trust run by a voluntary committee of trustees made up of representatives from dojos in the UK.

## When you become a friend of IZAUK...

You will receive regular copies of the IZAUK newsletter "ZEN NEWS", which includes:

- Dates of zen days.
- Dates of *sesshins*.
- Dates of any special events.
- A summary of committee meetings.
- Articles about zen and our sangha.

As a friend of IZAUK you will be able to attend various events at a discounted price.

IZAUK also:

- Makes the practice of *zazen* available and keeps Master Taisen Deshimaru's teaching alive in the UK.
- Harmonizes and facilitates communication between the UK dojos.
- Plans, organizes and supports *sesshins* in the UK.
- Provides funds and support for the creation of new dojos.

In becoming a friend of IZAUK you'll be supporting these activities.

In addition you will be entitled to attend the IZAUK annual general meeting and to participate in the election of the 'Friend of IZAUK' Trustee.

## When you join the AZI...

You will receive regular copies of "SANGHA", and the "ZEN REVUE" magazines in French and English and details of *sesshins*.

You can attend *sesshins* at the zen temple in France.

If you join the AZI in this country, as a friend of IZAUK, the fee is much lower than if you join the AZI directly through France.

## What is a *sesshin*?

*Sesshin* means to touch the mind. It is a period of intensive practice. It lasts two and a half (or more) days, allows concentration on *zazen* and on *samu* (simple manual work) and in this way it deepens the practice.

If you would like to become a Friend of IZAUK please complete the forms overleaf.

## IZAUK Dojos:

Bradford	07999 851 013
Brighton	01273 682974
Bristol	0117 942 4347
Leeds	07946 476 471
Llanrwst	01492 640 935
London	020 7993 9012/ 020 7582 0794
Manchester	0161 231 2040
Norwich	01603 743 911
Oxford	01865 240196
Wells-next-the-sea	07833 340 077

International Zen Association UK  
Bristol Zen Dojo  
91/93 Gloucester Road  
Bristol  
BS7 8AT  
Tel: 0117 942 4347  
<http://www.izauk.org/>

Association Zen Internationale  
175 rue de Tolbiac  
75013 Paris, France  
Tel: 00 33 (0)1 53 80 19 19  
Fax: 00 33 (0)1 53 80 14 33  
<http://www.zen-azi.org/> v12.12m

## **Membership**

### **"Friends of the International Zen Association United Kingdom" and the Association Zen Internationale**

If you would like to become a friend of IZAUK and member of the AZI please complete the form below and return it to:  
IZAUK Membership Secretary, Manchester Zen Dojo, Mill Street Venture Centre, 491 Mill Street, Openshaw, Manchester, M11 2AD. Thank you.

#### **GIFT AID - IZAUK is a registered charity number 296285**

It is now possible to increase the money IZAUK receives at no extra cost to yourself. If you are a tax payer paying enough income tax or capital gains tax to cover the amount we claim from the tax office (28p for every £1 you are paying us) please sign the declaration. **If you do not pay tax at all please don't sign.**

#### **Gift Aid Declaration**

I would like IZAUK to reclaim tax I have already paid on this and any future membership subscriptions and donations until I notify you otherwise.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Name in

CAPITALS: \_\_\_\_\_

PLEASE complete the form carefully, in BLOCK CAPITALS

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Phone: \_\_\_\_\_

Occupation: \_\_\_\_\_ Dojo: \_\_\_\_\_

Email: \_\_\_\_\_

I would like to be a friend of **IZAUK**.....£20

**OR** I would like to be a friend of **IZAUK**

**and** a member of the **AZI**.....£50

(NB from 1<sup>st</sup> January 2012, IZAUK+AZI will be £50)

*(Please delete above as appropriate)*

**AND** I would also like to donate £..... to IZAUK

**TO PAY BY CHEQUE I enclose a cheque,**  
payable to **IZAUK** / (cash) for £.....

# Friends of IZAUK



International Zen Association  
UNITED KINGDOM

Registered Charity number 296285