

# zen sesshin

led by

Seiho Chris Preist

2nd-5th November

Bilberry Hill  
Centre,  
Birmingham



International Zen Association  
UNITED KINGDOM

## Arrive

Thursday 2nd November at about 6pm to eat at about 8pm.

Departure Sunday 5th after lunch and cleanup. (around 3:00 pm – please plan on staying for clean-up as we need your assistance).

## Bring

Loose, dark clothes for zazen, a zafu if you have one (otherwise one will be provided), 1, 3 or 5 bowls for meals (along with a spoon, fork and cloth to wrap them in).

## Bilberry Hill Centre

Rose Hill, Lickey, Rednal, Birmingham, B45 8RT  
Tel: 0121 453 3531/5717  
www.birminghamfed.co.uk

## How to get there:

The nearest train stations are Barnt Green and Longbridge. Bus: No 98 leaves every 15 to 30 minutes from Birmingham city centre stopping at Rednal. Local taxis are Roundabout Cars 0121 453 1313 and Gold 'n' Black Taxis 0121 453 4949

If you need to be collected from the bus stop or train station (eg Longbridge) or if you would like more information about the sesshin please contact Maddie on 01603 743911 or email: maddiep@phonecoop.coop

## Seiho Chris Preist

began practising zazen with Nanshin Amphoux 1989 and was ordained as a monk in 1992 by Shogen Jean Baby. He is currently the committee chair of IZAUk



Cost	Friend of IZAUk	Non-Member
Recommended	£135	£150
Low waged	£110	£125
Unwaged	£85	£95

Please either **book** or **pay via paypal** or **send booking slip** to:  
Maddie Parisio, 16 Cambourne Close  
Norwich, NR5 0DB.

## Booking Slip

You will receive a **£5 discount** if you send a £25 deposit with your booking slip which should be returned **before the 26th October**. Deposits are not normally refundable. IZAUk members can apply for help from the bursary fund through Peter Moorhouse at northwaleszen@outlook.com. You can also become a Friend of IZAUk at the sesshin.

Name.....(M/F)

Address.....

.....Tel.....

Payment/deposit enclosed £.....(Cheques payable to "IZAUk")

I will be arriving on.....(approx time).....

My dojo /group is .....