



zen
sesshin

2nd-4th
February

Sheringham
Norfolk

Led by
Guy Mokuho Mercier



The International Zen Association UK is affiliated to **Association Zen Internationale** Founded by Master Taisen Deshimaru Registered Charity No. 296285

Arrive

Friday 1st February, late afternoon but by 7.30pm and leave **Monday 4th** after lunch and samu (around 3pm).

Bring

Loose, dark clothes for zazen, a zafu if you have one (otherwise one will be provided), a bowl for food, and a cloth to wrap it in (e.g. tea towel).

Cost	Friend of IZAUK	Non-Member
Recommended	£125	£140
Low waged	£100	£115
Unwaged	£80	£90

Register online at www.izauk.org or send booking slip with cheque to: Lana Berrington, 18 St. Augustines Road, Top Flat, London, NW1 9RN

Guy Mokuho Mercier

is head of the TenBoRin Zen Association, and the Lanau Zen Centre near Saint Flour, in the Auvergne.

Sheringham Youth Hostel

1 Cremer's Drift, Sheringham, Norfolk NR26 8HX
Tel: 01263 823 215

How to get there:

The Youth Hostel is situated in Sheringham, off the A149 coast road, behind St Joseph's Roman Catholic Church

Train information:

Sheringham is served by both National Express coaches (from London and the Midlands) and Anglia Railways. The railway station and the bus terminus are only 5 minutes walk from the hostel.

For more information or to register contact Lana:
phone: 020 7993 9012 / 07946 441 884
email: lane@berrington.ca

Booking Slip

Please return booking slips **before 19th of January** as equipment and meals need to be planned. There is a **discount of £5** for bookings with an advance payment or deposit of £25 made before this date. IZAUK members can apply for help from the bursary fund through Steve at zen.owl@hotmail.com It is possible to become a Friend of IZAUK at the sesshin. Deposits are not normally refundable.

Name.....(M/F)

Address.....

.....Tel.....

email address.....

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

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