

Zen Sesshin

This will be a 2.5 day sesshin (zen practice retreat) at the Bilberry Hill Centre to be led by Zen Monk, Seiho Chris Preist 7 November, 2013 – 10 November, 2013. Seiho Chris Preist began practising zazen with Nanshin Nancy Amphoux and the UK sangha in 1989, was ordained as a bodhisattva in 1991 and a monk in 1992 by Shogen Jean Baby. He is currently the committee chair of IZAUK.

The Bilberry Hill Centre is located on the outskirts of Birmingham, within walking distance of the delightful 500 acre Lickey Hills country park. Being close (but not too close) to Britain's central city makes it easily accessible for everyone. There is a variety of accommodation including some single rooms.

ARRIVAL: at Bilberry Hill Centre on Thursday, 7th November at about 6pm to eat at about 8pm.

DEPARTURE: Sunday 10th November after lunch and samu (around 2.30pm)

ADDRESS: Bilberry Hill Centre, Rose Hill, Lickey, 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 62 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 or if you would like details of directions to Bilberry Hill Centre by road please contact Kate Thompson (details below).

BRING: everything you need for zazen and your personal needs.

COST:	Friend of IZAUK	Non-Member
Recommended	£125	£140
Low-Waged	£100	£115
Unwaged	£80	£90

IZAUK members can apply for help from the bursary fund through Steve at zen.owl@hotmail.com

You will receive **£5** discount if you send a £25 deposit with you booking slip which should be returned before the **21st October**. Deposits are not normally refundable. **For catering purposes it is important that you let Kate know by this date if you intend to come.**

Please return the booking slip to:

Kate Thompson. 9 Helen Street, Saltaire, Shipley BD18 4PH
Phone: 07928 747799
email: katethompson2@yahoo.com

International Zen Association UK
Registered Charity No. 296285

Affiliated to Association Zen Internationale
Founded by Master Taisen Deshimaru

Booking Slip - to be returned by 21st October

I shall attend the Zen Sesshin on 7th to 10th November 2013

NAME SEX: Male / Female

ADDRESS

..... DOJO/GROUP

Phone Email

Payment sent(cheques payable to IZAUK). I will arrive on at (time)

If you need a ride from the station or bus stop please give details

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ZEN SESSHIN

7th - 10th November 2013

Bilberry Hill Centre

Birmingham

led by Seiho Chris Preist



International Zen Association
UNITED KINGDOM