



International Zen Association
UNITED KINGDOM

zen sesshin

6th-8th
February 15

Sheringham
Norfolk

Led by
Guy Mokuho Mercier



International Zen Association
UNITED KINGDOM

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

Arrive

Thursday 5th February, late afternoon but by 7.30pm and leave **Sunday 8th** 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	£130	£145
Low waged	£105	£120
Unwaged	£85	£95

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

Guy Mokuho Mercier

a monk for almost 40 years 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. Sheringham irailway station and the bus terminus are only 5 minutes walk from the hostel.

For more information or to register contact Jan: 07833 340077
email: jan.pears@btinternet.com

Booking Slip

Please return booking slips **before 22nd 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 Peter at northwaleszen@outlook.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).....