



**London
Zen
Weekend**

**with Hosetsu
Laure Scemama**

**October
25 – 26
2014**

**f h space
9 Havelock Walk
Forest Hill
SE23 3HG**





What

A weekend of Zen practice

When

25 October 2014 8:30AM—6:00PM
26 October 2014 8:30AM—12:30PM

Where

Private space
9 Havelock Rd
Forest Hill SE23 3HG

Cost:

Saturday: £30 — includes tea and lunch

Sunday: £15

both days: £40

concessions available

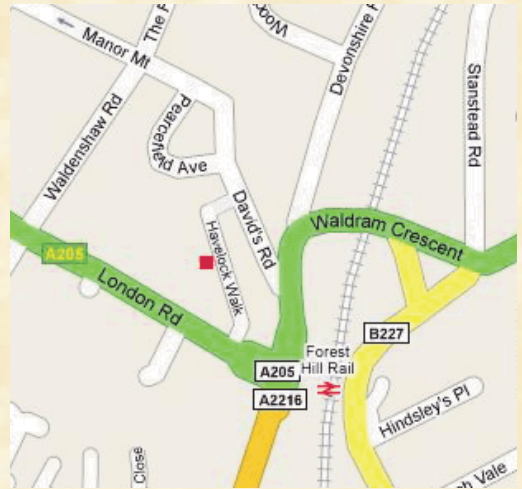
Bring:

A zafu if you have one, and for the meal, a bowl with your own spoon, fork and cloth for wrapping them together. Please wear dark, loose clothing for the day.

Arrival by 8:15



Forest Hill Station



The weekend will be led by Hosetsu Laure Scemama

Hosetsu Laure Scemama has practiced zen since 1977 and received nun ordination from Taisen Deshimaru. She is a disciple of Denin Minamizawa Roshi and received Dharma Transmission from him. She is head of the Limoges Zen Centre.



To register and for more information, please ring Anette on 0208 699 4753 or email: brockleyzen@gmail.com



www.zeninlondon.org