

ZAZEN PRACTICE – A FRESH OUTLOOK  
Harmonising Body-Breath-Mind

an afternoon with renowned zen teacher  
ISSHO FUJITA

ideal for anyone who wants to explore the ancient practice of zen meditation  
with a cosmopolitan 21st century mentor

*'You should therefore cease from practice  
based on intellectual understanding,  
pursuing words and following after speech,  
and learn the backward step  
that turns your light  
inwardly  
to illuminate yourself.'  
-Fukanzazengi*



6 October 2018  
1:30–5:00 PM

Aubert Court Community Centre  
Avenell Road  
London N5 1BJ



*Issho Fujita was born in Japan in 1954. He studied developmental and clinical psychology at Tokyo University. Besides academic studies, he intensively practiced Aikido and Noguchi Exercises. When he was a PhD student at the age of 27, he was recommended by a master of Chinese medicine to attend a week-long Zen sesshin at Enkaku-ji, a traditional Rinzai monastery in Kamakura. As a result of this experience he became deeply interested in zazen practice. Eventually he dropped out of graduate school to study Zen full time and entered Antai-ji, a Soto Zen monastery in the tradition of Kodo Sawaki and Kosho Uchiyama.*

*In 1987, he was sent by his teacher to be a resident teacher at Pioneer Valley Zendo in Massachusetts. During his stay until 2005, he also taught at Smith College, Amherst College, Mt. Holyoke College, Barre Center for Buddhist Studies, and other colleges and institutions.*

*From 2010—2018 he was assigned to be Director of the Soto Zen Buddhism International Center in San Francisco. He is currently visiting many Zen centers and temples worldwide to teach Soto Zen teachings and practices.*



The event is open to anyone with an interest in the practice of Zen meditation.

No prior knowledge is required.

The programme might also appeal to more experienced practitioners who would like to get to know

Issho's unconventional approach.

The afternoon combines a talk and hands-on exercises.

We feel fortunate to welcome Issho here in London to guide us through an afternoon of deep practice and fun.

He is interested in discovering new ways to articulate the depth of the simple practice of *shikantaza*.

Simply sitting.

**Date:** 6 October 2018  
1:30—5:00 PM

**Venue:** Aubert Court Community Centre  
Avenell Road  
London N5 1BJ  
(nearest Tube Station: Arsenal)

**Fee:** £20 pounds  
Concessions available

**For more information :**

*Email:* brockleyzen@gmail.com  
*Telephone:* (020) 8699 4753

**To register:** Please visit this website and follow the calendar link to the event:

**[www.zeninlondon.org](http://www.zeninlondon.org)**

*\*\* Please arrive promptly by 1:30PM and wear loose clothing. \*\**

**[www.izauk.org](http://www.izauk.org)**

