



International Zen Association

UNITED KINGDOM

ZEN SESSHIN

Sheringham
Norfolk

1st - 4th March 2019

led by
Guy Mokuho Mercier



Guy Mokuho Mercier

received Monk ordination from Master Deshimaru in 1976, and Dharma Transmission from Sojun Matsuno Roshi in 2008. He is head of the Lanau Zen Centre in the Auvergne, France, and the Tenborin Zen Association.



Venue

Sheringham Youth Hostel, Cremer's Drift, Sheringham, Norfolk NR26 8HX.

The Youth Hostel is situated in Sheringham, off the A149 Coast Road, behind St. Joseph's Roman Catholic Church. The Sheringham Youth Hostel is only a 5 minute walk from the Sheringham Train Station.

Arrival and Departure

Arrive Friday, 01 Mar 2019 – arrive late afternoon, but by 7.30pm for meal.
Depart Monday 04 Mar 2019 – leave afternoon around 3pm after samu.

Bring

Loose dark clothing for zazen, a zafu if you have one and a bowl and cloth for meals. If you need to borrow a zafu, let us know on the form below.

Cost and Booking

Pre-discount cost
Friends of IZAUK Recommended: £150,
Low-Waged: £125, Unwaged: £100
Non-Member Recommended: £165, Low-Waged: £140, Unwaged: £110

It is possible to join IZAUK at the sesshin and pay the Friend's rate. These prices are eligible for a £20 discount if booked with a deposit of £25 or paid in full before the 18th February. Deposits are not normally refundable.

Existing Friends of IZAUK who require financial assistance can apply for help from the IZAUK Bursary Fund – Contact John Callaghan at john.cal@outlook.com.

Register, and pay, online at www.izauk.org or return the booking slip with a cheque to: Chris Preist, Bristol Zen Dojo, 91-93 Gloucester Road, Bristol, BS7 8AT For further information contact Chris at chris@deep-mountain.co.uk



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Booking Slip

Name..... (M/F)
Address.....
Tel..... Which affiliated group do you practise with, if any?

Payment/deposit enclosed £..... (Cheques payable to IZAUK) Tick if zafu required
I will arrive on..... (approx time)..... I will leave on..... (approx time).....
If you need a ride from the station or bus stop please give details (this will need to be confirmed).

If you would like to receive information about IZAUK events, activities and services, please tick the box and provide your email address. Yes please My email address is:

Your details will not be passed on to any third party and you can stop this service at any time. Our Privacy Notice can be found at www.izauk.org/privacy-notice/