

Saturday 13th April:

The full day - 8:30AM to 6:30PM.

Please arrive by 8:15AM.



**Aubert Court Community Centre,
Avenell Road, London N5 1BL**

Located at the back of a council estate, 5 minutes walk from the Arsenal Tube Station (Piccadilly line) and bus routes on Highbury Park (A1201).

Limited on-street parking is available as Arsenal is playing AWAY today.

Sunday 14th April:

The half day - 8:00AM - 2:00PM.

Please arrive by 7:45AM.



**Caledonian Road Zen Dojo
486 Caledonian Road, N7 9RP**

Located on Caledonian Road 5 minutes walk north of Caledonian Road Station (see website for directions)

Breakfast (genmai) will be after the first zazen, and some may go for lunch at a nearby place after 2:30pm.

Due to space, registrations are limited on Sunday - Please register early with full payment.

The Teacher

Guy Mokuhō Mercier began practising Zen in 1973 with Master Taisen Deshimaru. Having spent many years as tenzo and then responsible for the Gendronniere Zen Temple, he currently runs the Lanau Zen Centre near St.



Flour in France, is active in the International Zen Association spiritual council, and leads sesshins in the UK and Europe. He received Dharma Transmission from Sojun Matsuno Roshi in 2008.

Cost

Saturday: £30 (includes lunch)

Sunday: £20 (includes breakfast)

(discounts are available for those who have a financial need - Contact Bill)

Bring

Subdued-coloured, loose fitting clothing for zazen. On SATURDAY, please bring a zafu (if you have one)

On BOTH DAYS, please bring a bowl for lunch/breakfast, along with a spoon, a fork and a cloth to wrap your bowl in (such as a tea towel) - or oryoki if you have it.

Registration

Registration is required and early registration is appreciated

To register, please send a £20 deposit (or your complete payment) along with the form below to : London Zen Group - Basement, 486 Caledonian Road, London N7 9RP

* Cheques can be made out to "The London Zen Group"

* You can also register and pay online at www.zeninlondon.org

Questions? Contact Bill by email at: bill@zeninlondon.org

Full Name: Attending: Saturday Sunday Both

Phone Number: Email:

Do you practise with an affiliated group? Yes No

Tick here if you are new to us and would like, or need, an introduction.

Will you need us to provide you with a zafu? Yes No

Anything else we need to know?

****Please inform us in advance if your plans to attend change there may be a waiting list ****