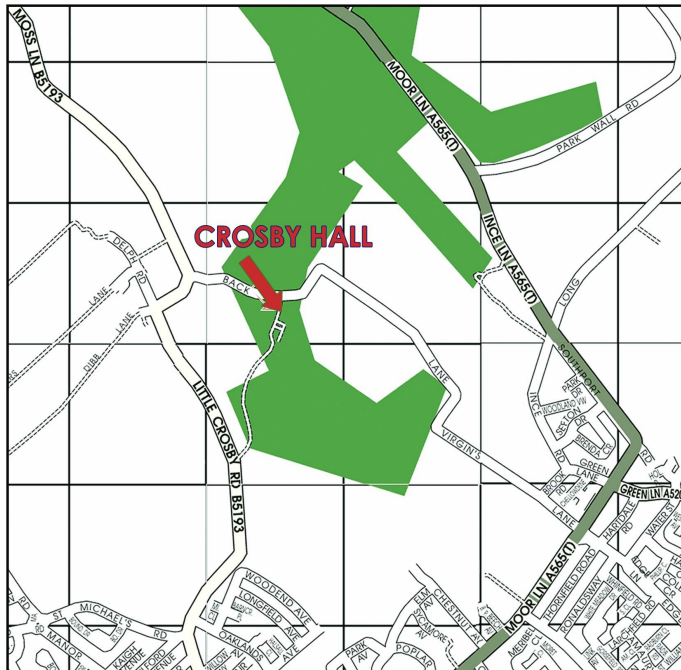




The week of practice will be led by Chris Preist, supported by the other experienced practitioners from the UK sangha. The first four days will involve practice of Zazen; informal talks and discussion on the place of zen practice in our society and lives; practical training in Zen ceremony and ritual; teisho (dharma talks) on key principles of Zen, as well as Kesa sewing and bodywork. Rev. Yusho Sasaki, the head of the Soto Zen European Office, will talk as part of this. We will then hold a silent sesshin for the final 1 1/2 days.

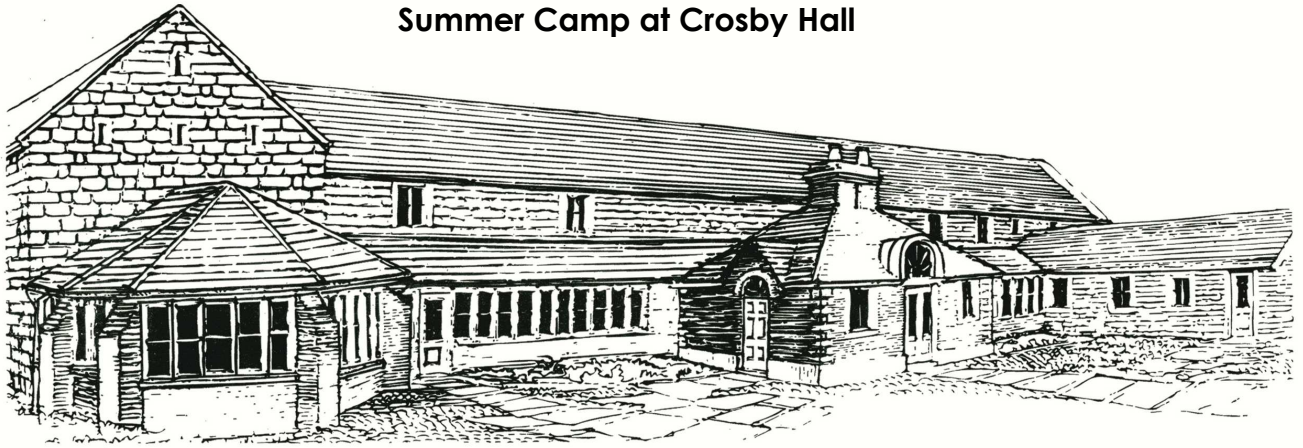


Zen Sesshin

Crosby Hall
Liverpool

26th May -
1st June

Summer Camp at Crosby Hall



This year's Crosby sesshin will be directed by teachers from within the UK Sangha. It will include a structured programme of dharma talks, discussions and practical training, followed by a sesshin with extended periods of silence.

The Friend's of IZAUK Annual General Meeting will be held on Thursday 30th May

ARRIVAL : Sunday 26th May ,after 2 pm and preferably by 7.30 pm

DEPART: Sesshin finishes Saturday 1st June, depart by 2pm, after lunch and samu.

VENUE : Crosby Hall Educational Trust (CHET) Centre, Back Lane, Little Crosby, Liverpool L23 4UA

BRING : Loose dark clothes for zazen, a zafu if you have one (if you need to borrow a zafu let us know on the form below). Please bring a set of 3 bowls for food if you have them, if not they can be provided on a loan basis (with the option to buy) also bring a cloth to wrap them in.

COST OF SESSHIN :

Friends of IZAUK Recommended £225 / Low waged £175 / Unwaged £145

Non-Friends Recommended £235 / Low waged £185 / Unwaged £155

To enable equipment and meals to be planned, please book before 12th May with full payment or a deposit of £25. There is a £20 discount if you do. Deposits are not normally refundable. It is possible to become a friend of IZAUK at the sesshin.

If you are not certain before the 13th of May if you can come, contact the organiser to negotiate a discount.

TRANSPORT: The CHET centre is situated on the edge of Little Crosby village just under a mile from the A565 at Thornton. Merseyrail runs trains from Liverpool Central station (direction Southport), alight at Hall Rd station. Local taxi – Delta Taxis 0151 922 7373.

Register either online at www.izauk.org or return booking slip with cheque to:

Claire, 74 Burberry avenue, Hucknall, Nottingham, NG15 7EZ

For more information contact Claire on 07472 636746 (text only please) or email: rhyowen@live.co.uk

International Zen Association UK Registered Charity No.296285 Affiliated to the AZI – founded by Master Taisen Deshimaru

Booking Slip

NAME

ADDRESS

PHONE Which affiliated group, if any do you practise with?

Payment sent (cheques payable to IZAUK) Tick if zafu required

I will arrive on at (approx time)

I will depart on at (approx time)

If you need a ride from the station or bus stop please give details (this will need to be confirmed)

Email Our Privacy Notice can be found at www.izauk.org/privacy-notice

Your e-mail address will only be used to contact you with information regarding this event, but If you would like to receive information about other IZAUK events, activities and services, please tick here

Your details will not be passed on to any third party and you can stop this service at any time.

Please specify if you have a particular food allergy