

Zen Sesshin

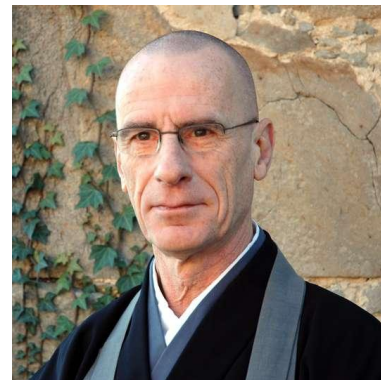
led by

Guy Mokuho Mercier

Sheringham YHA
Sheringham, Norfolk

4-7 February, 2022

Guy Mokuho Mercier began practising zazen with Master Taisen Deshimaru in 1973, becoming his disciple in March of 1976 after receiving ordination as a monk.



After Master Deshimaru's death in 1982, he remained active in the Paris sangha. From 1986 to 1991, he was again the tenzo at La Gendronnière, and became the head of the temple from 1991 to 1997. In September, 2008, he received Dharma transmission from Sojun Matsuno Roshi in Takefu, Japan.

Today, he is active in the AZI spiritual council, is the head of the Zen Centre of Lanau near Saint Flour in the Auvergne, in France and leads the Tenborin Zen Association. He leads sesshins in France, Spain, Switzerland and England.

Arrival Friday 4th February from 4:00pm

Departure Monday 7th February at 3:00pm, after clean-up.

Please plan on staying for clean-up. We will need your help

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

How to get there

Take the train directly to Sheringham. Trains from Norwich run once an hour. www.greateranglia.co.uk

National Express Coach services and MegaBus all go to Norwich, and you can take bus or train from Norwich. Bus nos. 44, 44a, X44 or X40 run every 30 mins. See Sanders Coaches sanderscoaches.com/timetables

If you are planning to drive, maybe you can share your car with others. BlaBlaCar.com is a ride-share website

Other transport options may exist for you. Check Google maps, and click Directions, then the "transit" icon for more options

Bring Dark, loose-fitting clothes for zazen; a zafu if you have one (some will be available to borrow); three nesting bowls (the largest approx 13cm/5 inches in diameter), a spoon and fork, and a cloth (e.g. tea towel) to wrap them in. Also, clothes for work in the kitchen, gardens, etc.

Cost (pre-discount)	Friend of IZAUK	Non-member
Recommended	£170	£185
Low Wage	£140	£160
Unwaged	£120	£130

So that equipment and meals can be planned and to receive a £20 discount, please register provisionally book before midnight on 21st January. Those allocated a place will be contacted as soon as practicable, with a website address where they can complete their registration with payment of £25 deposit or full amount. Deposits are not normally refundable.

Make your provisional registration online at www.izauk.org/events, or write, enclosing a cheque (payable to IZAUK) to the sesshin organiser: John Brown, 8 Hanstone Close, Cirencester, GL7 1WX Cheques will only be banked for confirmed places

Don't let finances stop you from attending. Remember, Friends of IZAUK can apply for help from the Bursary Fund through John Callaghan john.cal@outlook.com You can become a Friend of IZAUK at the sesshin or beforehand via the website.

Booking Slip

Name: Male/Female []

Address:

Tel: Email:

Do you practise with an affiliated group? Which one?

Payment/deposit enclosed?(Cheques payable to IZAUK) Tick if zafu required []

I will arrive on(approx time) I will leave on(approx time)

For more info or if you have any special requirements, email John Brown at johnb@izauk.net or text on 07728 013720

If you'd like to receive information about IZAUK events, activities & services, tick here [] Your details won't be shared with third parties & you can stop this service at any time. Confirm email address: