

KESA SESHIN

led by
Yashô Valérie Guéneau

Shaw Bottom Farm, near Leek, Staffordshire
19th - 22nd September 2024

Kesa/Rakasu Sewing at Shaw Bottom Farm, Leek, Staffordshire

This will be a Zen Practice session devoted to the sewing and repairing of Kesas and Rakasus



Teacher:

The sesshin will be led by Yashō Valérie Guéneau, a Zen Nun and Kesa sewing teacher. She has been practicing for 40 years and received Dharma Transmission from her master, Taiun J-P. Faure, in 2016. She has since been a certified teacher of the Sōtō Zen School. She lives in France, close to her master, at Kanshoji Zen Temple.

START

Arrival: Thursday 19th September 2024 from 4.00pm to eat at approx 8.00 pm.

FINISH

Depart: Sunday 22nd September 2024 after lunch and clean up, to leave at about 3.30 pm - please plan on staying long enough to fully participate until the very end.

SEWING

At ordination a kesa is presented to the bodhisattva, monk or nun. In our sangha these garments, the rakasu and the large kesa are made by hand following the method handed down since the time of the Buddha. They are suitable for all ordinations within the AZI.

Yashō will help those who would like to start or continue sewing a kesa or rakasu, and those who wish to do repairs.

SESSHIN FORMAT

On Friday and Saturday the day will begin with morning zazen followed by sewing before and after lunch. Each day will end with zazen in the evening. Sunday will be a half day of Zazen.

VENUE

Shawbottom Farm, Upper Hulme, Leek, Staffordshire ST13 8UQ

Shawbottom farm is a small meditation/retreat centre run by the Western Chan Fellowship. It is located in a secluded position in open countryside 1 mile from the A63 Buxton to Leek road. The nearest railway stations are at Buxton and Leek, currently there is no regular bus service running near the venue. There is parking at the centre.

COST:

Recommended: £175 (Members) £195 (Non-Members)

Low Waged: £150 (Members) £170 (Non-Members)

Unwaged: £125 (Members) £145 (Non-Members)

Those booking before the 5th September will receive a discount of £20

We kindly request that full payment is completed before the 19th September (start of the sesshin).

Don't let finances stop you attending - Friends of IZAUK members who require financial assistance to attend can apply for help from the IZAUK Bursary Fund – Contact John at john@izauk.net

REGISTRATION:

Please register online, payments can be made electronically, at www.izauk.org/events

FOR FURTHER INFORMATION CONTACT JEREMY: jeremy@izauk.net