

KESA SESSION

led by

Zen nun Françoise Kosen Laurent

4th - 7th September 2025

**Shawbottom Farm,
Hazelwood Road,
Upper Hulme,
Leek ST13 8UQ.**



A rakusu is presented to those who receive the precepts in a Jukai ceremony or for a monk or nun ordination. In our Sangha, the rakusu and kesa are stitched by hand following the method handed down since the time of the Buddha.



This kesa session will be led by Zen nun Françoise Kosen Laurent, who sewed her first rakusu in 1976 when she was ordained as a nun by Master Deshimaru. Since then she has dedicated herself to the study and teaching of the kesa. In 2006 she met Master Kojun Kishigami, the last direct disciple of Master Kōdō Sawaki. It is thanks to this relationship with Master Kishigami, adept at sewing, that today she can aid us in deepening our study of the kesa according to the tradition of Dogen Zenji.

Arrival: Thursday 4th September from 4.30pm onwards, to eat at approximately 8pm.

Departure: Sunday 7th September until approximately 4pm.

Address: Shawbottom Farm, Hazelwood Road, Upper Hulme, Leek ST13 8UQ.

The farm is about a mile off the A53 between Leek and Buxton.

The nearest train stations are Buxton (via Manchester/Stockport) or Macclesfield and Stoke-on-Trent, where a bus can then be taken to either Leek or Buxton.

Please contact kate@izauk.net if you require any further information, or see the website for a map.

Prices:

Recommended: £175 (Friends) £195 (Non-members)

Low waged: £150 (Friends) £170 (Non-members)

Unwaged: £125 (Friends) £145 (Non-members)

There will be a £20 discount for bookings received by 21st August. Full payment or a £25 deposit will need to be made when booking, and full payment required prior to the session itself. Deposits are not usually refundable.

Register, and pay online at www.izauk.org

Members of IZAUK who require financial assistance are encouraged to make use of the bursary fund. Please contact John Callaghan at John@izauk.net

Bring:

If you would like to start a rakusu or kesa and need sewing equipment and cloth, please indicate at booking. Threads and needles will also be available to purchase. If repairing a rakusu or kesa, please also indicate at booking.

Loose, dark clothing for zazen; a zafu and zabuton if you have one; a bowl and cloth for meals plus a mug for drinks.