

Scuola Internazionale di Sumi-e
presents:

Workshop
Sumi-e painting &
Zen meditation

20th to 28th of November 2021

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led by Zen & Sumi-e master
Beppe Mokuza Signoritti

Agriostello delle Langhe
Farigliano (CN)
Italy



Beppe Mokuza Signoritti

Zen monk and Sumi-e master, he is the founder and responsible of the Zen Dojo 'Bodai Dojo' located in Alba, north Italy.

For the last thirty years he has dedicated himself to the practice of Sumi-e and Zen meditation.

He holds workshops, conferences and demonstrations throughout Europe.



“To become the "artists" of our lives.”

Sumi-e Painting

The Japanese term *sumi* means black ink, *e* means painting.

This way of painting was introduced into Japan by Zen monks eight centuries ago.

Students work together in harmony, in a calm and silent atmosphere. There is no competition, or striving in order to achieve a result, just the patient work of refining one's own creativity and sensitivity.

*“Focusing on the here and now, letting thoughts flow,
relaxing body tensions,
thanks to a correct posture and a correct breathing.”*



During the workshop, we will study the 'Four Gentlemen': orchid, bamboo, plum tree and chrysanthemum. They represent the Ki or the vital energy of the four seasons and of the four ages of man.

“Sumi-e grasps the essence of nature.”

Zen Meditation: **Zazen**

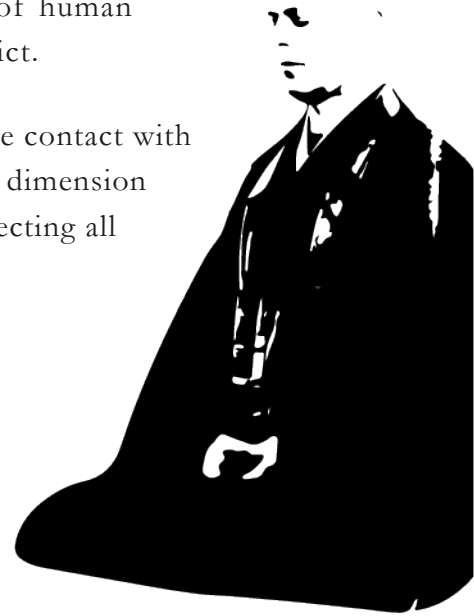
Za means to sit,
Zen means meditation, truth.

To touch, through correct sitting, the pure, original mind that exists in each of us, often obscured by our thoughts and the emotional storms which perturb us.

Zen is not opposed to any religion or personal belief.

Regular zazen practice brings the body and mind into balance, strengthening our health and reducing stress and mental agitation, which are the causes of human intolerance and conflict.

We enter in an intimate contact with the profound spiritual dimension of our existence, respecting all beings.



Programme of the workshop

Arrival day

Friday 19th of November in the afternoon.

Shuttle service is available on request.

Diner will be served at 20:00.

Timetable

07:00 – 08:30 zazen

08:30 – 09:00 coffee break

10:00 – 12:30 sumi-e

12.45 – 15:00 lunch break

15:00 – 18:00 sumi-e

18:30 – 20:00 zazen

20:15 diner

Rest days

Thursday 25th afternoon and Friday 26th.

Activities will start again Friday at 18:00.

It is possible to take part for the weekend only

(20th - 21st or 27th - 28th of November)

Costs

Registration fees (as a reimbursement of expenses)

- Entire workshop: € 870

- Week-end only: € 280

The following items are included in the price

- accommodation in two/three-person rooms with private bathroom (sheets and towels provided)

- meals (breakfast, lunch, tea/coffee breaks and diner) all exclusively prepared with organic food.

- painting material (practice paper, rice paper in different sizes, ink and big, medium and small brushes)

- annual membership to the Zen Association 'Bodai Dojo'

Terms of payment

Advance payment of € 250 to be paid upon registration; final balance payment at the arrival.

For the weekend, please pay the full amount upon registration.

N.B: During the workshop, students have the opportunity to contribute to community life by performing simple daily tasks ('samu' in Japanese) such as washing dishes, cleaning, cutting vegetables, etc.

This voluntary work is carried out in a spirit of giving and concentration.

The location

The workshop will take place at

Agriostello delle Langhe

Località Spinardi 46/a - Farigliano (CN)

Located in the panoramic high hills of Langhe region, the Agriostello is a holiday home that offers an ecotourism experience. The location is completely new and guarantees all the comforts of a hotel.

Contact & registration

Mobile: +39 380.37841180 (Ariane)

+39 333.1914504 (Alessandro)

e-mail: beppemokuza@sumi-e.it

To bring along

- a pair of slippers

- comfortable, loose-fitting dark clothing for meditation

- a bowl for meals (medium size) with a cloth napkin (40x40cm) to cover the bowl and a spoon

