

Zen Retreat

from August 28 to 30, 2023

led by zen monk Beppe Mokuza

Lanau Zen Center
15260 Neuvéglise (Cantal)
France

Practicing zazen

Za means to sit,
Zen means meditation, truth.
Zazen reveals the pure and original spirit that exists in each of us, which is often obscured by our thoughts and emotions.
Zen is not opposed to any religion or personal belief.
It helps us to find a deep and natural faith in what unifies us with other living beings.

Open to everyone
Beginners and experienced practitioners

Take a retreat

Far from the hustle and bustle of the social world, the *sesshin* ('touching the mind') is a privileged time to practice together peacefully, and to focus on yourself by being attentive to each of our gestures. The days are scheduled by periods of zazen, samu, workshops and meals.
No special ability is required.
Everyone is welcome!



www.bodai.it

Program

Arrival

Sunday 27 in the afternoon.

Dinner at 7:30 p.m, introduction at 8:30.

Monday 28 - Tuesday 29 August

7:00 Zazen and ceremony

8:30 Guen mai and coffee

9:30 Samu

11:00 Zazen

12:45 Lunch

2:30 pm Samu and workshops

4 pm Zazen

6:45 pm Dinner

8 pm Zazen

Samu

Practitioners have the opportunity to contribute to the life of the community by performing simple daily tasks. Samu is conducted in the spirit of practice with a focused mind.

Information & Rates

Shared room with 2-3 people: 140€

Solo room: 190€ (if available)

Extra night 15€

Full amount to be paid upon registration by bank transfer or by sending cheque.

To bring

- sheets, pillowcase.

Otherwise available on site 10€

- loose dark clothing for meditation

- meditation zafu (if possible)

- bowl, towel to wrap it, small white towel, spoon

Access

Carpooling is organised,

as well as a shuttle from

Saint-Flour/Chaudes Aigues station.

Departure

Wednesday 30 after lunch or Thursday 31 after breakfast.

Wednesday 30 August

7:00 Zazen and ceremony

8:30 Guen mai and coffee

9:30 Tidying up

11:00 Ordinations

1 pm Aperitif

1:15 pm Festive meal



The teacher

The teachings will be given by **Beppe Mokuza Signoritti**, disciple of master Roland Yuno Rech from whom he received the transmission of the Dharma (shiho) in 2019. For 30 years he has devoted himself to the practice of meditation. He is the spiritual guide of the Bodai Dojo in Alba (Italy) and the Dōji group in Haarlem (The Netherlands) and organizes retreats all over Europe.



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Access conditions according to the health standards in force.