

Seminar from 19 to 23 August 2026

5-day workshop open to all.

Programme

Tuesday, 18 August 2026

15.00 – 18.00 Arrival
18.00 Welcome talk and presentation
19.00 Dinner
20.30 Introduction to Zen Sōtō meditation

Wednesday 19, Thursday 20 and Friday 21 August

06.30 Zazen and ceremony
08.00 Traditional Zen breakfast
08.30 Coffee and tea
09.15 – 09.45 Samu*
10.00 – 12.00 Sumi-e
12.30 Lunch
15.00 – 17.30 Sumi-e
18.00 Zazen
19.30 Dinner

Saturday 22 August

08.00 Zazen and ceremony
09.30 Traditional Zen breakfast
10.00 Coffee and tea
11.00 – 12.00 Sumi-e
12.30 Lunch
15.00 – 17.30 Sumi-e
18.00 Zazen
19.30 Dinner

Sunday 23 August

08.00 Zazen and ceremony
09.30 Traditional Zen breakfast
10.00 Coffee and tea
11.00 – 12.30 Sumi-e
13.00 Lunch
15.00 – 17.00 Closing session and cleaning

Venue

Tempio Zen Gyogenji
Strada Santo Stefanetto n. 25
14055 Costigliole d'Asti (AT)
Italy
www.zentemple.it
@zen.temple.gyogenji

Fees

Participation fee (to cover expenses): **450 €**

Included:

- Meals (breakfast, lunch and dinner, coffee/tea break) prepared with organic food and vegetables from the temple garden.
- Painting materials (practice paper, rice paper, ink, large, medium and small brushes).

Payment

Please transfer the full amount upon registration by bank transfer.

Accommodation

This is a non-residential workshop.

We will help you find accommodation in Costigliole and share transport to the temple.

Contact & Registration

Email: info@sumi-e.it
Arianna +39 3807841180

*Note: During the workshop, participants may contribute to community life by carrying out simple daily tasks ("samu"), such as washing dishes, cleaning or cutting vegetables. This voluntary work is performed with energy and concentration in a spirit of generosity.

What to bring

- a medium-sized bowl for meals, a thin 40×40 cm cloth to wrap it, chopsticks and a spoon
- slippers
- loose, dark-coloured clothing for meditation