

## **Seminar from 3 to 7 June 2026**

5-day workshop open to all.

### **Programme**

#### **Tuesday, 2 June 2026**

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

#### **Wednesday 3, Thursday 4 and Friday 5 June**

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 6 June**

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 7 June**

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](http://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](mailto: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