

# LA GENDRONNIÈRE ZEN TEMPLE



JULY 2024

## DISCOVERY WEEKS OF ZEN PRACTICE

### 4 WEEKS OF DISCOVERY

From July 2 to 7  
From July 9 to 14  
From July 16 to 21  
and from July 23 to 28

SESSIONS TRANSLATED IN ENGLISH



ÉCOLE ZEN SOTO

[WWW.ZEN-AZI.ORG](http://WWW.ZEN-AZI.ORG)



ASSOCIATION ZEN  
INTERNATIONALE  
FONDATEUR MAÎTRE TAISEN DESHIMARU

# Presentation

## ZAZEN, THE HEART OF ZEN

**The practice of zazen, sitting meditation, provides a haven of inner peace in this tumultuous world. By simply sitting, in a precise posture, concentrating on the breath and observing thoughts without judging them, practitioners discover a space in which to understand themselves more deeply.**

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Zazen is not just a break from the hustle and bustle of daily life, it's a practice that promotes concentration, mental clarity and stress reduction. By regularly engaging in this practice, Zen practitioners develop better emotional management, strengthen their ability to face challenges and improve their general well-being. In addition, zazen encourages presence and mindfulness, helping practitioners to connect more authentically with the world around them. By cultivating inner peace, patience and compassion, they can lay a solid foundation for personal growth and fulfillment in today's often chaotic world.

## DAY CONTENT

**These discovery weeks are specially designed for those wishing to explore the way of Zen at the heart of a Buddhist monastery. This progressive experience will enable you to take part in enriching daily teachings and exchanges with elders of the tradition. You'll immerse yourself in the values of community life and experience the ceremonies and rituals emblematic of this age-old tradition.**

Days are punctuated by zazen sessions (between two and four a day). The temple provides zafu (meditation cushions) and meditation benches. The daily program also includes meals and the practice of SAMU, the community service. The first three days are devoted to «the Preparation» followed by a day and a half of sesshin, a more intensive retreat. Throughout the week, workshops in yoga, Qi Gong, Tai-chi, as well as fascia exercises, will support the meditation practice. These complementary workshops aim to facilitate posture and deepen the experience.



## ACCOMMODATION

Accommodation is in dormitories with shared bathrooms. However, it is possible, for a more reasonable price, to sleep in a tent. Those who wish can benefit from a room of 4/5 people, double or single room, for higher rates.

## ZEN BUDDHISM

Buddhism can be traced back to the experience of Shakyamuni Buddha, who achieved enlightenment in the zazen posture in 6th-century BC in India. This experience has since been passed on uninterruptedly from master to disciple, right up to the present day. After more than a thousand years in India, Buddhism spread to Southeast Asia, China, Tibet and Japan.

**The Japanese Sōtō Zen School is one of the branches of Mahayana Buddhism.**



### LA GENDRONNIÈRE ZEN TEMPLE

Founded in 1979 by Master Deshimaru, La Gendronnière remains Europe's first Zen monastery. Situated in the Loire Châteaux region, in a setting of greenery and forest, this 100-hectare estate can accommodate several hundred people. In its simplicity and sobriety, La Gendronnière creates an environment favorable to the practice of Zen.

## THE SPREAD OF ZEN IN EUROPE

**The spread of Sōtō Zen in Europe has its roots in the arrival of the Japanese monk Taisen Deshimaru in France in 1967. Endowed with a singular personality, he quickly rallied around him a group of practitioners deeply influenced by the practice of Shikantaza, also known as «purposeless sitting».**

Over the next 15 years, he spread his teachings throughout Europe, establishing over a hundred Dojos and places of practice. Until then, Zen had attracted interest mainly in academic circles. This is the first time first time that Zen has been embodied and transmitted in a living form. Today, Master Deshimaru is widely recognized as the first patriarch of Zen in Europe.



# Program

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ARRIVAL</b>	<b>PREPARATION</b>	<b>PREPARATION</b>	<b>PREPARATION</b>	<b>SESSHIN</b>	<b>SESSHIN</b>
	<b>6:30am</b> Wake-up	<b>6:30am</b> Wake-up	<b>6:30am</b> Wake-up	<b>6:30am</b> Wake-up	<b>6:30am</b> Wake-up
	<b>7am-8.30am</b> Zazen / Ceremony	<b>7am-8.30am</b> Zazen / Ceremony	<b>7am-8.30am</b> Zazen / Ceremony	<b>7am-8.30am</b> Zazen / Ceremony	<b>7am-8.30am</b> Zazen / Ceremony
	<b>8.30am</b> Zen meal / Coffee	<b>8.30am</b> Zen meal / Coffee	<b>8.30am</b> Zen meal / Coffee	<b>8.30am</b> Zen meal / Coffee	<b>8.30am</b> Zen meal / Coffee
	<b>9:45am-10:30am</b> SAMU*	<b>9:45am-10:30am</b> SAMU*	<b>9:45am-10:30am</b> SAMU*	<b>9:45am-10:30am</b> SAMU*	<b>9:45am-10:30am</b> SAMU*
	<b>11am-12am</b> Zazen Teaching	<b>11am-12am</b> Zazen Teaching	<b>11am-12am</b> Zazen Teaching	<b>11am-12:15am</b> Zazen Teaching	<b>11am-12:15am</b> Zazen Teaching
	<b>12:30pm</b> Zen meal Free time	<b>12:30pm</b> Zen meal Free time	<b>12:30pm</b> Zen meal Free time	<b>12:30pm</b> Zen meal Free time	<b>12:30pm</b> Zen meal
	<b>2:30pm-3:30pm</b> SAMU*	<b>2:30pm-3:30pm</b> SAMU*	<b>2:30pm-3:30pm</b> SAMU*	<b>2:30pm-4pm</b> SAMU*	COFFEE / EXCHANGE WITH RESPONSIBLE DEPARTURE
ARRIVAL AT RECEPTION BETWEEN 3PM AND 5PM	<b>3:30pm-4:15pm</b> Shower Free time	<b>3:30pm-4:15pm</b> Shower Free time	<b>3:30pm-4:15pm</b> Shower Free time	<b>4pm-4:30pm</b> Shower Free time	
	<b>4:30pm-5:30pm</b> Workshop	<b>4:30pm-5:30pm</b> Workshop	<b>4:30pm-5:30pm</b> Workshop	<b>5pm-6.30pm</b> Zazen / questions- answers	
<b>6pm-7:30pm</b> Opening Conference	<b>5:45pm-6.30pm</b> Teaching	<b>5:45pm-6.30pm</b> Exchanges	<b>5:45pm-6.30pm</b> Exchanges		
	<b>6:45pm</b> Zen meal	<b>6:45pm</b> Zen meal	<b>6:45pm</b> Zen meal	<b>6:45pm</b> Zen meal	
<b>8:30pm</b> Meal	<b>8:30pm</b> Zazen	<b>8:30pm</b> Zazen	<b>8:30pm</b> Zazen	<b>8:30pm</b> Zazen	
RELAXATION	RELAXATION <b>10:30pm</b> Bedtime	RELAXATION <b>10:30pm</b> Bedtime	RELAXATION <b>10:30pm</b> Bedtime	BEDTIME <b>10:30pm</b> Bedtime	

## WORKSHOPS: YOGA, TAI CHI, QI GONG, FASCIA WORK, ZEN MASSAGE, ETC.

According to presenters. *The workshops are completely practice-oriented and facilitate the zazen posture.*

LA GENDRONNIÈRE ZEN TEMPLE | JULY 2024

\*Community service



## SPEAKERS

### Week from July 2 to July 7

**Paul Hôjô Pichaureau**

Paul Pichaureau, an ordained monk in 2014, is currently directing the Zen Dojo in Lyon. He also contributes to various editorial projects and supports the International Zen Association.

**Stéphane Doza Chevillard**

Stéphane Chevillard has been practicing Zen for some twenty years and became a monk in 2006. He practices and teaches Zen at the Seizenzen Dojo and the Dojo Zen de Paris. He works in the food industry.

**Patrick Kankyo Ferrieux**

A monk since 2000, Patrick Ferrieux teaches Zen at the Dojo de Paris, as well as tai chi chuan. At the same time, he plays an active role in the organization various Zen associations, while pursuing his career as an engineer specializing in management consulting.

### Week from July 16 to July 21

**Guy Mokuho Mercier**

Zen practitioner since 1973, he founded the Zen Lanau Centre in 2012. Significantly involved in the International Zen Association, he has greatly contributed to the development of Zen in Europe. He also held for many years the position of tenzo, the person in charge of food in a Zen temple.

### Week from July 9 to July 14

**Nuria Ringetsu Roca**

Nuria Roca has been a Zen nun since 1988. A teacher at the Dojo de Paris, she also devotes her time to the development the Seikyujji Temple in Spain, while actively contributing to the International Zen Association.

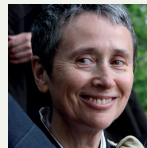
### Week from July 23 to July 28

**Simone Jiko Wolf**

Involved for over 40 years in the development of Zen in Switzerland, Simone Wolf has been practicing this discipline since the 1970s. She created the Zen Centre of la Chaux de-Fonds as well as the Kōsetsuji Zen temple.

**Jean-Pierre Reiseki Romain**

He began practicing Zen in 1981 and was ordained monk in 1994. He is currently president of the Paris Zen Dojo and also teaches Yoga.

**Katia Kôren Robel**

Katia Kôren Robel has been practicing Zen since 1970 with Master Deshimaru, and became a nun in 1971. She has been teaching at the Dojo de Paris since 1982 and was president from 1996 to 2006. In 2003, she received the Dharma transmission from Master Egawa Shinzan. She presently teaches mainly at the Myô-Unji temple and in Paris.

**Eric Sangyo Paquet**

Éric Paquet has been a Zen monk since 1997. He was a resident at the Zen temple La Gendronnière and is vice-president of the Zen Dojo de Paris.



# Practical information

## Arrival is on Tuesday evening between 4 and 5 pm.

The welcome conference is at 6pm. The first three days, known as «preparation», include two zazen sessions. The week ends with a day and a half of sesshin, a period of more intense practice with four zazen a day.

## RATES

	Normal rate	Reduced rate
Collective tent	€ 165	€ 132
Dormitory	€ 207	€ 165
4 to 5 pers.	€ 276	€ 220
Double room	€ 344	€ 276
Single Room	€ 441	€ 353

Special price – 25 years old, in tents: One-off price € 115

## CHILDREN

0 – 3 years, free  
4 – 8 years, €64  
9 – 15 years, € 128  
*Children are the sole responsibility of their parents.*

## IMPORTANT

- For minors, parental authorization is required.
- Compulsory AZI 2022 membership: €45 (€35 for low budget).
- Pets are not allowed

## TO BRING

### For meditation

Loose-fitting, comfortable, dark clothing (black, brown, navy blue). Meditation cushion (zafu).

### For meals

Bowl, spoon, fork.  
A cloth to wrap the bowl.  
A small white cloth to wipe the bowl or a set of oryoki if you have one.  
A store is available on site, should you need these objects.

### And also:

Sheets, a pillowcase. Alternatively, sheets can be rented on site: €12.

**Don't forget  
your water bottle!**

## REGISTER

### On line

[www.zen-azi.org](http://www.zen-azi.org)

### By post,

by returning the enclosed registration form.

### Information

02 54 44 04 86

**JULY 2024**  
DISCOVERY WEEK OF ZEN PRACTICE ET LA DÉCOUVERTE ZEN-TAMPE  
*Week-end de découverte de la pratique de la méditation zazen*

Nom : \_\_\_\_\_ Prénom : \_\_\_\_\_ Sexe : \_\_\_\_\_ Date de naissance : \_\_\_\_\_  
Adresse : \_\_\_\_\_  
C.P. : \_\_\_\_\_ Ville : \_\_\_\_\_ Téléphone : \_\_\_\_\_  
E-mail : \_\_\_\_\_

Notes de l'organisateur : \_\_\_\_\_

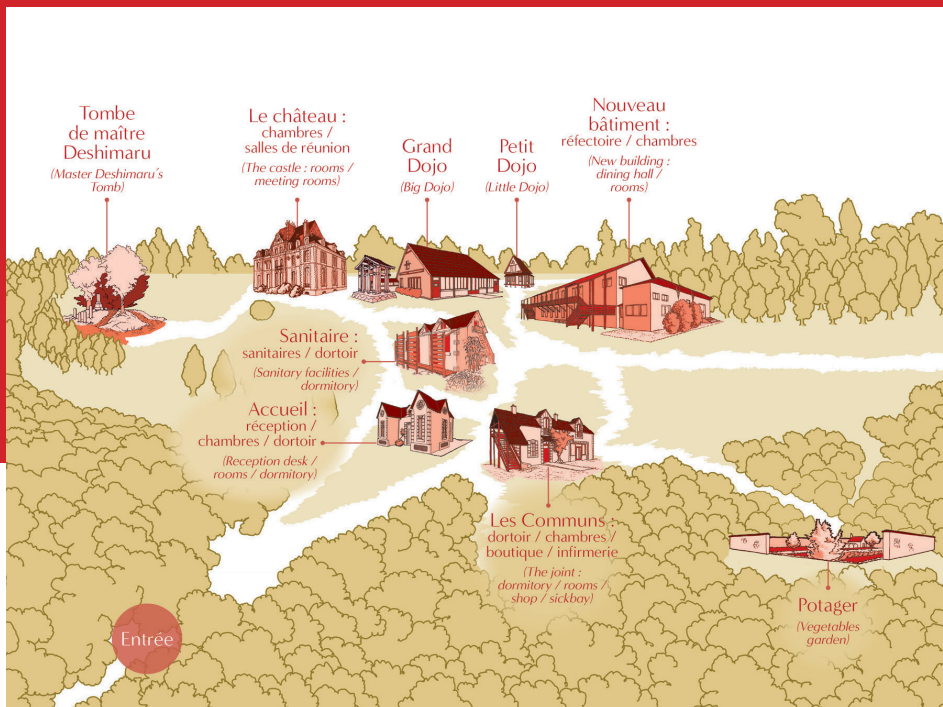
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**Notes:** Intentionnez de vous inscrire avant la semaine entre le mardi 26 et le mercredi 27 juin 2024. Les inscriptions sont closes le 27 juin 2024 à 23h59.  
Les places sont limitées.  
L'inscription est gratuite.  
Le prix de la semaine est de 115€ pour les tentes, de 165€ pour les autres logements.  
Le prix de la semaine est de 128€ pour les enfants de 9 à 15 ans.  
Le prix de la semaine est de 64€ pour les enfants de 4 à 8 ans.  
Le prix de la semaine est de 0€ pour les enfants de 0 à 3 ans.  
Le prix de la semaine est de 45€ pour la cotisation AZI 2022 (35€ pour les personnes à faible revenu).  
Le prix de la semaine est de 12€ pour les draps et oreillers (12€ pour les tentes).  
Le prix de la semaine est de 12€ pour les draps et oreillers (12€ pour les tentes).

For more information, contact us at: 02 54 44 04 86  
E-mail: [info@zen-azi.org](mailto:info@zen-azi.org)

DISCOVERY WEEK OF ZEN PRACTICE



## HOW AND WHEN GETTING THERE?

### BY TRAIN

A shuttle service to the Gendronnière is offered from Onzain train station at 4.30pm.

More information will be provided upon registration.

SHUTTLE BUS IS FREE, think green!

### BY CAR

Take the motorway to Blois, then cross the Loire Bridge and follow the directions for Montrichard.

At Candé-sur-Beuvron, cross the bridge, following the signs for Chaumont.

After 200 meters, at the bend, drive strait on.

The Gendronnière is 300 meters, at the top of the hill  
215 km from Paris, 15 km from Blois, 1 km from Candé-sur-Beuvron.

GPS coordinates: lat. 47,479392, long. 1,256427

Temple de La Gendronnière,  
41120 Valaire, France

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