

2019

Gendronnière  
Zen Temple

# Summer Retreats

Zen Buddhism  
and meditation practice

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Beginners welcome

Special rates for 3-week  
retreats in July

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July 2<sup>nd</sup> to August 31<sup>st</sup>, 2019

Retreats of 3, 5 or 9 days  
or 3 weeks

Teachings provided  
by zen masters



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ASSOCIATION ZEN  
INTERNATIONALE  
FONDATEUR MAÎTRE TAISEN DESHIMARU



SOTO SHU

# ZEN BUDDHISM AND MEDITATION PRACTICE



Summertime is an ideal time for a spiritual retreat. Leaving your daily routine behind to come and meditate in a Buddhist temple can allow you to see the world from a fresh perspective.

## Daily Schedule

A day in a zen monastery revolves around *zazen*, sitting meditation. *Zazen* is Buddha's practice, through which he realized awakening 2 600 years ago. Every day, there are 3 or 4 *za-zen* sessions, depending on the schedule. Zen meditation is done sitting on a *zafu* (meditation cushion); chairs are also available if needed. A typical day also includes teachings, ceremonies, meals taken in silence and *samu* (community service). Time is also set aside for relaxation and socialising.

## Beginners

This summer, a choice of retreats will be offered, as des-

cribed below. Throughout the retreat period, beginners will receive special attention, with plenty of explanations, workshops and individual guidance.

## Accommodation

Regardless of the type of accommodation you choose, we strive to offer comfortable lodging. The tents (for small budgets) have beds as well as an insulating, environmentally friendly soil covering made of wood chips.

## The Gendronnière Temple

The temple was founded in 1979 by Japanese zen master Taisen Deshimaru. Since then, the summer retreat tradition has continued, and practitioners from around the world congregate. The buildings (castle, big and small dojos, etc...) are located in the heart of an old forest with a beautiful pond. The vegetable garden is now managed on the principles of permaculture, and meals are organic.

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## WHAT TO BRING

### For meditation

Dark, loose and comfortable clothes (black, brown, navy blue) and a meditation cushion (*zafu*).

### For meals

Bowl, spoon, fork + approx. 40 cm x 40 cm cloth (to wrap the bowl) + smaller, 20 cm x 20 cm white cloth (to wipe the bowl), or *oryoki* set if you have one.

## FOR DAILY MONASTIC LIFE

As in all monasteries, it is recommended that you dress decently.

### Bedding

Single top sheet, fitted sheet and pillowcase are mandatory, even when using a sleeping bag. Sheets can be rented on-site (10 euros).

### Forgot something ?

A shop is available on-site.

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## NEW IN JULY

### 3-week, long term retreat

**A** 1 2 3 or **B** 2 3 4

### Special rate

#### Long term retreat **A**

July 2<sup>nd</sup> - 21<sup>st</sup>

#### Long term retreat **B**

July 9<sup>th</sup> - 28<sup>th</sup>

Open to all.

Beginners welcome.

Participants stay in tents or dormitories.

### Special rates for long term retreats

Dormitory: 364 € regular rate

Tent: 263 € reduced rate.



**Retreat with master PHILIPPE REIRYU COUPEY**

1

Tuesday, July 2<sup>nd</sup> to Sunday, July 7<sup>th</sup> (arrival Monday 1<sup>st</sup> at 6 pm).

**Philippe Reiryu Coupey**, disciple of master Deshimaru, teaches in Paris and leads sesshins (retreats) in France and Germany. He has written and published several books on zen, including three books on master Deshimaru's teachings, published in France, Germany and the US.

*The retreat will be translated into German.*



**Retreat with master HUGHES YUSEN NAAS**

2

Tuesday, July 9<sup>th</sup> to Sunday, July 14<sup>th</sup> (arrival Monday 8<sup>th</sup> at 6 pm).

**Hugues Yusen Naas** was born in 1952 in Strasbourg. He started practicing zazen in 1975. In 1977, he received the monk's ordination from master Deshimaru, whom he followed until his death. In 2009, he received the Dharma transmission from master Raphaël Doko Triet. From 2002 to

2016, he was in charge of the Gendronnière temple, where he taught in the dojo, managed day-to-day life and monitored work. He then founded the Daishugyoji zen centre in Lower Normandy. He leads sesshins in France and abroad.

*The retreat will be translated into English.*



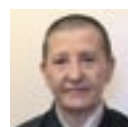
**Retreat with master SIMONE JIKO WOLF**

3

Tuesday, July 16<sup>th</sup> to Sunday, July 21<sup>st</sup> (arrival Monday 15<sup>th</sup> at 6 pm).

**Simone Jiko Wolf** started practicing zen at the Paris dojo. She was ordained a nun by master Deshimaru. She received the transmission from Japanese master Yuko Okamoto in 2004. In 1982, she founded the Centre zen at La Chaux-de-Fonds and, in 2009, Kôsetsu-ji temple in Switzerland, where she lives and teaches. She is one of the presidents of the International Zen Association and former abbess of the Gendronnière temple.

*The retreat will be translated into English.*



**Retreat with master BEGONIA KAIDO AGIRIANO**

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Tuesday, July 23<sup>rd</sup> to Sunday, July 28<sup>th</sup> (arrival Monday 22<sup>nd</sup> at 6 pm).

**Begonia Kaido Agiriano** started practicing zazen in 1983. She received the nun's ordination in 1990 and the Dharma transmission in 2013 from her teacher, Raphaël Doko Triet. She is head of the Vitoria-Gasteiz Zen dojo in the Basque Country and practices regularly at Seikyujii, her teacher's temple in Seville. She is a devoted Spanish translator of zen.

*The retreat will be translated into Spanish.*

**WHAT TO EXPECT**

**If you come for a week**

The July retreats will last one week (arrival Monday 6 pm - departure Sunday 3 pm after cleaning the temple). There will be 3 meditation sessions per day during the first three days (Monday evening to Thursday), and 4 meditation sessions per day during the last three days (called sesshin).

**Attention beginners!**

Welcoming lecture - mandatory - at 7 pm. Please arrive early enough to attend.

**Rates - session** 1 2 3 4

Tent : 211 € / Tight budgets : 170 €  
Dormitory: 273 €  
Room 4 to 5 : 341 €  
Double room : 389 €  
Single room : 494 €

**Rates - sesshin** 1 2 3 4

Thursday evening to Sunday 3 pm. Beginners must arrive Thursday around 6 pm: welcoming lecture at 7 pm. Four meditation sessions per day.  
Tent : 96 €  
Dormitory : 124 €  
Room 4 to 5 : 155 €  
Double room : 177 €  
Single room : 225 €



**Retreat with master  
OLIVIER REIGEN  
WANG-GENH**

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**Full retreat**

Wednesday, July 31<sup>st</sup> to Wednesday, August 7<sup>th</sup> (arrival Tuesday 30<sup>th</sup> in the evening).

**Preparation**

First 4 days: Wednesday, July 31<sup>st</sup> to Saturday, August 3<sup>rd</sup>.

**Sesshin**

Monday, August 5<sup>th</sup> to Wednesday, August 7<sup>th</sup> (arrival Sunday 4<sup>th</sup> in the evening).

**Olivier Reigen Wang-Genh** has been practicing zen since 1973. He was ordained a monk in 1977 by master Deshimaru and received the Dharma transmission from Japanese zen master Dosho Saikawa Roshi. In 1999, Olivier Wang-Genh founded Ryumonji monastery (Alsace), where he lives and teaches. He is president of the International Zen Association and vice-president of Union Bouddhiste de France.

*The retreat will be translated into English.*



**Retreat with master  
ROLAND YUNO  
RECH**

6

**Full retreat**

Saturday, Aug. 10<sup>th</sup> to Sunday, Aug. 18<sup>th</sup> (arrival Friday 9<sup>th</sup> in the evening).

**Preparation**

First five days: Saturday, August 10<sup>th</sup> to Wednesday, August 14<sup>th</sup>.

**Sesshin**

Friday, Aug. 16<sup>th</sup> to Sunday, Aug. 18<sup>th</sup> (arrival Thursday 15<sup>th</sup> in the evening).

**Roland Yuno Rech** was ordained a monk by master Deshimaru in 1974 and received the shiho (Dharma transmission) from Niwa Zenji in 1984. He is abbot of Gyobutsuji temple in Nice. He leads sesshins all over Europe and at the Gendronnière. For three years, he was abbot of the Gendronnière.

*The retreat will be translated into English.*

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**Retreat with master  
GÉRARD CHINREI  
PILET**

7

**Full retreat**

Wednesday, August 21<sup>st</sup> to Thursday, August 29<sup>th</sup> (arrival Tuesday 20<sup>th</sup> in the evening).

**Preparation**

First 5 days: Wednesday, August 21<sup>st</sup> to Sunday, August 25<sup>th</sup>.

**Sesshin**

Tuesday, Aug. 27<sup>th</sup> to Thursday, Aug. 29<sup>th</sup> (arrival Monday 26<sup>th</sup> in the evening).

**Gérard Chinrei Pilet** has been practicing zazen since meeting master Deshimaru in 1969. He settled in Paris in 1974 to practice with his teacher, who ordained him a monk in 1978. After master Deshimaru's death in 1982, he taught the Dharma at the Paris dojo until 2010, when he moved to the Ardèche and founded the Annonay Zen dojo, while continuing to lead practice sessions in France and Europe. He received the Dharma transmission from Yuko Okamoto Roshi.

*The retreat will be translated into English.*

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**WHAT TO EXPECT**

■ **If you come for 9 days**

The August retreats last 9 days

**Attention beginners!**

Welcoming lecture - mandatory - at 7 pm on the arrival day. Please arrive early enough to attend.

**Rates for session** 6 7

Tent : 288 € Tight budgets : 232 €

Dormitory : 372 €

Room for 4 to 5 : 465 €

Double room : 530 €

Single room : 674 €

■ **If you come for the «preparation», first 5 days**

Beginners must arrive the evening before at 6 pm: welcoming lecture at 7 pm.

*3 meditation sessions per day.*

**Rates preparation** 6 7

Tent : 192 €

Dormitory : 248 €

Room 4 to 5 : 310 €

Double room : 353 €

Single room : 449 €

■ **If you come for the sesshin (meditation retreat)**

Arrival the day before. The sesshin will end around 3 pm after cleaning the temple.

*4 meditation sessions per day.*

**Rates sesshin** 6 7

Tent : 96 €

Dormitory : 124 €

Room for 4/5 : 155 €

Double room : 177 €

Single room. : 225 €

■ **IMPORTANT**

Session 5 is one day shorter than the other August sessions. The rate will be adjusted accordingly. Details can be found on our website.



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## DIRECTIONS

### By train

A shuttle service from the Blois and Onzain train stations is offered. More information will be provided upon registration.

### By car

Take the highway to Blois. Cross the Loire bridge and follow the signs for Montrichard. At Candé-sur-Beuvron, cross the bridge and follow the signs to Chaumont-sur-Loire. After 200 m, in the bend, go straight. After 300 m, up the hill, turn left at the Gendronnière sign. The Gendronnière is 200 km from Paris, 15 km from Blois, 1 km from Candé-sur-Beuvron. Latitude: 47,479392 - Longitude: 1,256427.

## IMPORTANT INFORMATION

- Minors need parental permission to participate.
- 2019 AZI membership mandatory: 45 euros / 35 euros (tight budgets).
- Pets are not allowed.


## REGISTRATION

- By mail, using the enclosed registration form.
- On our website ([www.zen-azi.org](http://www.zen-azi.org)).
- Info: 02 54 44 04 86.

## OUR ADDRESS

- Temple zen de la Gendronnière  
41120 Valaire (near Blois).

## FOR MORE INFORMATION

 Facebook page : Temple Zen de la Gendronnière.

 Youtube channel : Association Zen Internationale.