

2018

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 3<sup>rd</sup> to August 31<sup>st</sup>, 2018

Retreats of 3, 5 or 9 days  
or 3 weeks

Teachings provided  
by zen masters



Gendronnière Zen Temple / 41120 Valaire (near Blois)  
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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. The length of your stay can vary from 3 days to several weeks (see below).

### 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 zazen sessions, depending on the schedule. Zen meditation is done sitting on a *zafu* (meditation cushion); chairs are also available if need be.

A typical day also includes teachings, ceremonies, meals taken in silence and *samu* (community service). Time is also set aside for relaxation and interactions.

### 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.



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

### FOR DAILY MONASTIC LIFE

#### Should be avoided

Shorts, short skirts, tank tops and tight-fitting clothes.

#### Bedding

Single top sheet and fitted sheet, pillowcase.  
Sheets can be rented on-site (5 euros).

#### Forgot something ?

A shop is available on-site.

### NEW IN JULY

**Long retreats - 3 weeks - special price**

#### Long retreat # 1

Tuesday, July 3<sup>rd</sup> - Monday, July 23<sup>rd</sup>.

#### Long retreat # 2

Tuesday, July 10<sup>th</sup> - Monday, July 30<sup>th</sup>.

Open to all, beginners welcome.

Accommodations : tents or dormitories.

**Special rates for long retreats**

359 € (dormitory)

259 € (tent)



**Retreat with master  
PHILIPPE REIRYU  
COUPEY**

Tuesday, July 3<sup>rd</sup> to Sunday, July 8<sup>th</sup>  
(arrival Monday 2<sup>nd</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.

*German translation will be offered during this retreat.*



**Retreat with master  
SIMONE JIKO  
WOLF**

Tuesday, July 10<sup>th</sup> to Sunday, July 15<sup>th</sup> (arrival Monday 9<sup>th</sup> at 6 pm).

**Simone Jiko Wolf** started practicing zen at the Paris dojo. She was ordained a nun by master Deshimaru and received the transmission from Japanese master Yuko Okamoto in 2004. In 1982, she founded the Centre zen de La Chaux-de-Fonds and, in 2009,



Kôsetsu-ji temple in Switzerland, where she lives and teaches. She is one of the International Zen Association's presidents and is currently abbess of the Gendronnière temple.

*English translation will be offered during this retreat.*



**Retreat with master  
KATIA KÔREN  
ROBEL**

Tuesday, July 17<sup>th</sup> to Sunday, July 22<sup>nd</sup> (arrival Monday 16<sup>th</sup> at 6 pm).

**Katia Kôren Robel** started practicing at the Paris Zen dojo in 1970 under the guidance of master Taisen Deshimaru, who ordained her a nun in 1971. She received the Dharma transmission from Egawa Shinzan Zenji in 2003. She was president of the Paris Zen dojo from 1996 to 2006. She teaches at the Châtelet dojo in Paris.

*English translation will be offered during this retreat.*



**Retreat with master  
BEGONIA KAIDO  
AGIRIANO**

Tuesday, July 24<sup>th</sup> to Sunday, July 29<sup>th</sup> (arrival Monday 23<sup>rd</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 Dôkô Triet. She is head of the Vitoria-Gasteiz Zen dojo in the Basque Country and practices regularly at Seikyujû, her teacher's temple in Seville. She is a devoted Spanish translator of zen.

*Spanish translation will be offered during this retreat.*

**WHAT TO EXPECT**

■ **If you come for one 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 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**

Tent : 208 € / 185 € (students, job-seekers)  
Dormitory: 269 €  
Room 4 to 5 : 336 €  
Double room : 383 €  
Single room : 487 €

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

Thursday evening to Sunday 3 pm. Beginners must arrive Thursday around 6 pm: welcoming lecture at 7 pm. Four meditation sessions per day.

**Rates**

Tent : 95 €  
Dormitory : 122 €  
Room 4 to 5 : 153 €  
Double room : 174 €  
Single room : 221 €



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

### Full retreat

Wednesday, Aug. 1<sup>st</sup> to Thursday, Aug. 9<sup>th</sup> (arrival Tuesday evening).

### Preparation

First five days: Wednesday, August 1<sup>st</sup> to Sunday, August 5<sup>th</sup>.

### Sesshin

Tuesday, August 7<sup>th</sup> to Thursday, August 9<sup>th</sup> (arrival Monday 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 temple (Alsace), where he lives and teaches. He is president of the International Zen Association and vice-president of Union Bouddhiste de France.

*English translation will be offered during this retreat.*



Retreat with master  
**ROLAND YUNO  
RECH**

### Full retreat

Sunday, August 12<sup>th</sup> to Monday, August 20<sup>th</sup> (arrival Saturday 11<sup>th</sup> in the evening).

### Preparation

First five days: Sunday, August 12<sup>th</sup> to Thursday, August 16<sup>th</sup>.

### Sesshin

Saturday, August 18<sup>th</sup> to Monday, August 20<sup>th</sup> (arrival Friday 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.

*English translation will be offered during this retreat.*



Retreat with master  
**GÉRARD CHINREI  
PILET**

### Full retreat

Thursday, Aug. 23<sup>rd</sup> to Friday, Aug. 31<sup>st</sup> (arrival Wednesday evening).

### Preparation

First five days: Thursday, August 23<sup>rd</sup> to Monday, August 27<sup>th</sup>.

### Sesshin

Wednesday, Aug. 29<sup>th</sup> to Friday, Aug. 31<sup>st</sup> (arrival Tuesday 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 started teaching the Dharma at the Paris dojo until 2010, when he moved to 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.

*English translation will be offered during this retreat.*



## WHAT TO EXPECT

### ■ If you come for 9 days

The August retreats will last nine days.

### Attention beginners !

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

### Rates

Tent : 284 €    Dormitory : 366 €  
Room 4 to 5 : 458 €  
Double room : 522 €  
Single room : 664 €

### ■ If you come for the first five days («preparation»)

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

*During those 5 days, there will be 3 meditation sessions per day.*

### Rates

Tent : 189 €    Dormitory : 244 €  
Room 4 to 5 : 305 €  
Double room : 348 €  
Single room : 443 €

### ■ If you come for a sesshin (meditation retreat)

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

*Four meditation sessions per day.*

### Rates

Tent : 95 €    Dormitory : 122 €  
Room 4 to 5 : 153 €  
Double room : 174 €  
Single room : 221 €

■ In August, 30 % discount from the second retreat on.



## 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 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.
- 2018 AZI membership mandatory: 45 euros / 35 euros (tight budgets).
- Pets are not allowed.

## REGISTRATION

- On our website ([www.zen-azi.org](http://www.zen-azi.org)) or by returning the enclosed registration form.
- 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.

