

## Choose your dates and accommodations

### For registrations before

July 1st	Room	Reduce rate*
Preparation 14-17/07	<input type="checkbox"/> 240 €	<input type="checkbox"/> 180 €
Full sesshin 14-21/07	<input type="checkbox"/> 360 €	<input type="checkbox"/> 270 €
Sesshin 19-21/07	<input type="checkbox"/> 155 €	<input type="checkbox"/> 120 €

### Late registrations

	Room	Reduce rate*
Preparation 14-17/07	<input type="checkbox"/> 265 €	<input type="checkbox"/> 200 €
Full sesshin 14-21/07	<input type="checkbox"/> 385 €	<input type="checkbox"/> 300 €
Sesshin 19-21/07	<input type="checkbox"/> 170 €	<input type="checkbox"/> 150 €

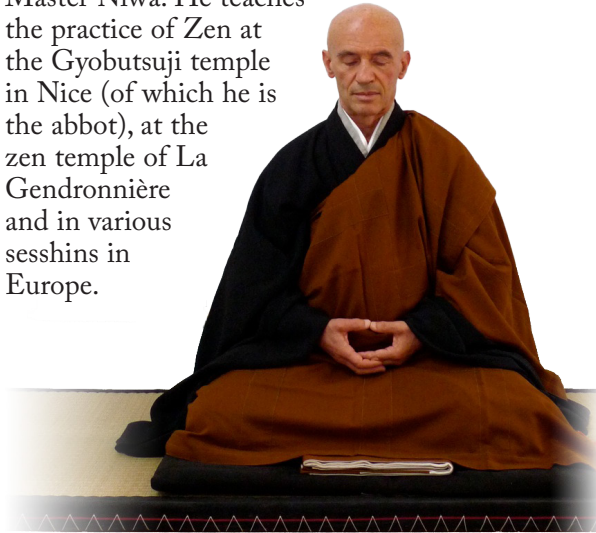
\* Reduced rates for students and welfare recipients. Attendees requesting the reduced fare must accept a Samu which may be offered to them.

For the smooth running of the camp, we ask you to participate in a task that will help yourself and the others. Please tick below the services you would like to provide during the camp:

- Can be present on 12/7 from 6 pm (to be confirmed by the organization)
- Present on the day of arrival from 3 pm
- Present on departure day (21/07) until 4 pm
- Kitchen team
- Table service
- Shopping
- Washing up
- Bar
- Cleaning
- Notes taking
- First aid (doctor or nurse)

Various activities are offered during the camp: sutras study, kesa and rakusu sewing.

The summer camp will be directed by **Master Yuno Rech**, spiritual leader of the Zen Buddhist Association of Europe (ABZE). After a trip around the world which led him to practice zen in Kyoto, he returned to France to follow the teaching of Master Taisen Deshimaru from 1972 to 1982. Shortly after the death of his master, he received the shiho (Dharma transmission) from Master Niwa. He teaches the practice of Zen at the Gyobutsuji temple in Nice (of which he is the abbot), at the zen temple of La Gendronnière and in various sesshins in Europe.



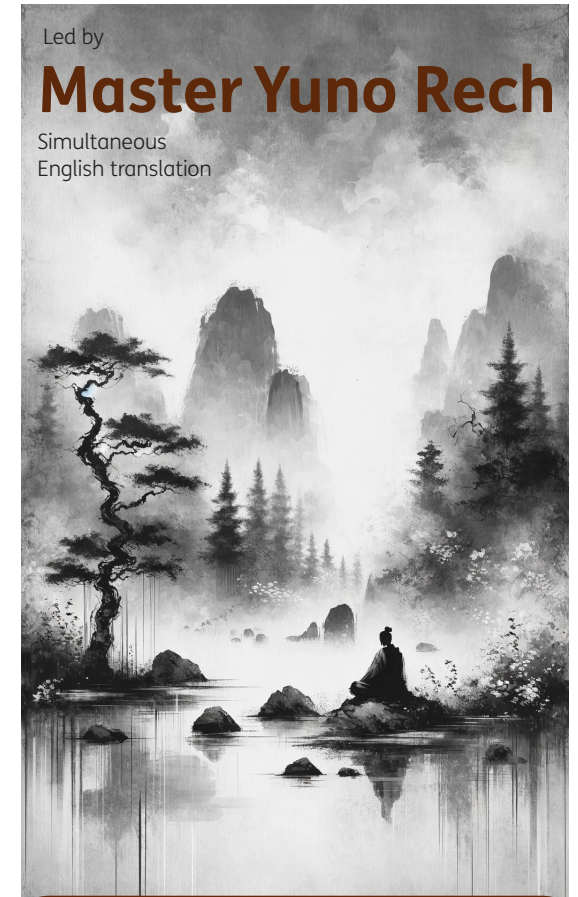
## Ordinations

For those who wish to invest themselves more deeply in the practice of zen, Master Yuno Rech will transmit bodhisattva, monk and nun ordinations. If it is your case, please plan to do the whole session, as an ordination workshop will be organized during the preparation. If you wish to receive the ordination of bodhisattva, monk or nun, please write to Master Yuno Rech at least 6 weeks before the camp, and inform the person in charge of your dojo of your request for ordination.

**The camp is open to all**, beginners or not. The teaching will be given in French and simultaneously translated into English. A daily summary in Dutch will be organized if required.

# ZEN Summer session Godinne

## July 14-21 2024



**Please note**, As in 2023, the duration of this camp has been shortened by one day, arrival is now on **saturday 13th of july** in the evening

Association  
Bouddhiste **Zen**  
d'Europe | E-mail: [info@abzen.eu](mailto:info@abzen.eu)  
[www.abzen.eu](http://www.abzen.eu)

## Zen in daily life

Zen is lived in daily life. The summer camp is an opportunity to learn this practice.

During a sesshin, the intensive practice of zazen sets the pace for the day and leads everyone to live intensely the present moment in harmony with the awakening of zazen. At the heart of the sesshin is the practice of zazen. It is the practice of the right meditation: sitting cross-legged, concentrating on posture and breathing, back straight, body and mind in unity. Practicing zazen during a summer camp teaches us to become intimate with ourselves, to abandon our egotism and to harmonize with others.

## To go to the source of things.

Zen practice is about practicing mindfulness and getting to know ourselves. The teaching of Zen in the dojo becomes alive from the moment it is translated in the various activities of daily life, lived with the right attention.

During the camp, the different activities, meals, samu (work for the community), sewing of the kesa (the monk's meditation robe) are privileged moments to put into practice the teaching of the here and now, in harmony with oneself and the others.

## Program

During the first four days (preparation), the focus is put on the fundamentals of zazen practice: posture, breathing and attitude of the mind. Each afternoon, various activities related to the practice are offered, including sutra study workshops. The 5th day is a day of rest. The last two days and the Sunday morning are devoted to a more intensive practice of zazen.

## Location

College of Godinne-Burnot, Site Saint-Paul,  
Carrefour de l'Europe, 3 - 5530 Godinne.  
Camp Phone number: +32(0)488 72 22 58

## Itinerary

Motorway E411 Brussels-Namur / Exit 16: Wierde / Follow N941 to Rue de Jambes (N947) / After Godinne station, turn left: Chemin des Meuniers / Turn right: Rue du Collège / 1st left: Rue Saint-Roch / 1st right: Rue des Grands Saules.

## Public transport

SNCB: Namur/Dinant line. Godinne station is 1 km from the College. SNCB timetables and itineraries: see [www.railtime.be](http://www.railtime.be). Tel.: + 32 (0)25 28 28 28.

## Please bring:

- Sleeping bag or sheets, pillow, blanket
- Please note: no more sheets for hire
- Kimono or comfortable dark clothes
- Zafu (meditation cushion)
- Zafuton (meditation mat) or blanket
- Bowl, cutlery and napkin, cup for coffee
- Zafu will be for sale on site
- For the day of rest: water gourd and a container for the picnic.

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**We continue our commitment to run the camp in an environmentally friendly way.**  
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## Full session

**July 14 - 21**

Arrival July 13

Departure July 21

## Preparation

**July 14 - 17**

Arrival July 13

Departure July 17

## Day of rest

July 18

## Sesshin

**July 19 to 21**

Arrival July 18

Departure July 21

## Registration by internet (recommended)

[www.abzen.eu](http://www.abzen.eu)

## Registration by mail

Please return this form to:

Eric Tchéou / Kannon Dojo Bruxelles

11 rue Eugène Cattoir

B 1050 Ixelles – Belgique.

[info@abzen.eu](mailto:info@abzen.eu)

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NAME

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FIRST NAME

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ADDRESS

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POSTAL CODE

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CITY

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TELEPHONE

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E-MAIL

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BIRTHDATE

Monk

First sesshin

Sex

Nun

Yes

M

Bodhisattva

No

F

## Payment by wire transfer, French bank check, or cash (on arrival)

Payment by wire transfer to the order of ABZE

IBAN : FR76 4255 9100 0008 0117 7774 506

BIC: CCOPFRPPXXX

Please make sure you give your name when making the transfer.

Arrival is in the evening of the dates indicated. To participate, you must be a member of the Zen Buddhist Association of Europe (fees 5 €, payment can be made at the session).