

Choose your dates and accommodations

For reservations confirmed by payment before June 1

	Dormitory**	Double room*	Single room*
Preparation 01-04/07	<input type="checkbox"/> 240 €	<input type="checkbox"/> 340 €	<input type="checkbox"/> 440 €
Full sesshin 01-08/07	<input type="checkbox"/> 360 €	<input type="checkbox"/> 520 €	<input type="checkbox"/> 680 €
Sesshin 06-08/07	<input type="checkbox"/> 155 €	<input type="checkbox"/> 215 €	<input type="checkbox"/> 275 €

Late registrations

	Dormitory**	Double room*	Single room*
Preparation 01-04/07	<input type="checkbox"/> 265 €	<input type="checkbox"/> 375 €	<input type="checkbox"/> 485 €
Full Session 01-08/07	<input type="checkbox"/> 385 €	<input type="checkbox"/> 570 €	<input type="checkbox"/> 750 €
Sesshin 06-08/07	<input type="checkbox"/> 170 €	<input type="checkbox"/> 235 €	<input type="checkbox"/> 300 €

**Room assignments are made in the order of registrations. The reservation is valid after the transfer of the due amount and confirmation from the organization.

** A 20% discount on the dormitory price may be granted for students and social beneficiaries, but it must be indicated at the time of registration. Individuals requesting the reduced rate must be willing to accept a shared room that will be offered to them.

I request a discount on the dormitory price (for students and social beneficiaries).

I wish to share my double room with

I request to stay the night of Tuesday, July 8 (without additional costs).

I need a shuttle to pick me up from Bomal station. My date and time of arrival:

For the smooth running of the camp, we ask you to participate in a task that will be helpful for yourself and for others. **Please check below the services you would like to provide during the camp.**

Present on the day of arrival (30/06) from 12:00 PM to help with the setup

Present on the day of departure (08/07) until 4:00 PM

Kitchen team

Table service

Navettes

Grocery shopping

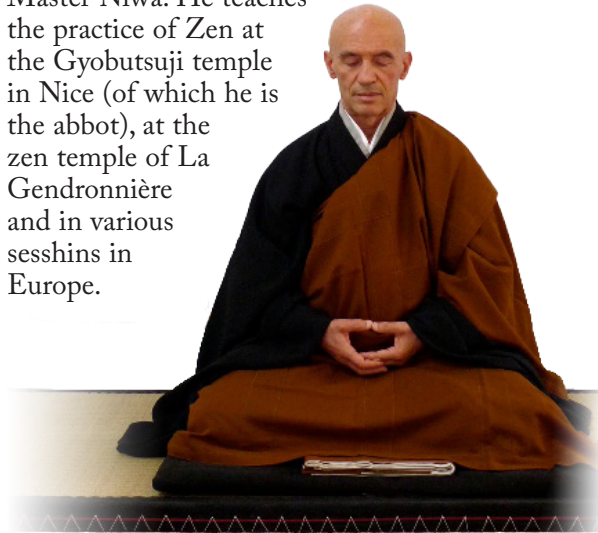
Dishwashing

Cleaning

Bar

Reception

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 Villers-Sainte- Gertrude

July 01-08 2025

Led by

Master Yuno Rech

Simultaneous
English translation



**Change of location, dates
and habits !!!!
for the ABZE Summer Camp**

Association
Bouddhiste **Zen**
d'Europe | E-mail: info@abzen.eu
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 Tuesday morning are devoted to a more intensive practice of *zazen*.

Location

Domain of Villers-Sainte-Gertrude,
Rue du Millénaire 1 - B-6941 Villers-Ste-Gertrude
(Durbuy) - <https://villers.info/fr/>

Directions by Car

From LIEGE :

1. Follow «Ardenne»; 2. Take the E25, exit Harre (n°48 bis);
3. Turn right; 4. Continue on country roads (Champs de Harre, St-Antoine, Fays, Grand Bru, Villers-Ste-Gertrude)

From BRUSSELS :

1. Head towards Namur; 2. Take the N4 to Marche-en-Famenne; 3. In Marche, turn towards Hotton, Bomal;
4. In Bomal, turn right towards Villers.

By Train

Nearest station (6 km): Bomal-sur-Ourthe (Liège-Marloie line). A shuttle will be provided from Bomal station to Villers, but you must specify your arrival time during registration.

What to bring

- Sleeping bag or sheets, pillow, blanket (for the dormitories)
- Kimono or loose, dark clothing.
- Zafu (meditation cushion).
- Zafuton (meditation mat) or blanket (**the dojo will not be equipped with mats on the floor**).
- **Slippers or Flip-flops (no shoes in the dorms)**.
- Bowl, cutlery, and towels, **cup for coffee**.
- For the day of rest, a water bottle and a container for the picnic.

Full session

July 1-8

Arrival June 30
Departure July 8
(Departure possible on July 9
without additional costs)

Preparation

July 1-4

Arrival June 30
Departure July 5

Jour de repos

July 5

Sesshin

du 6 au 8 juillet

Arrival July 5
Departure July 8

Registration by internet (recommended)

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

.....
NAME

.....
FIRST NAME

.....
ADDRESS

.....
POSTAL CODE

.....
CITY

.....
TELEPHONE

.....
E-MAIL

.....
DOJO

.....
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).