

MEDITATION & ZEN PRACTICE

LA GENDRONNIÈRE
BUDDHIST TEMPLE



Summer retreats 2017
3, 5 or 9 days
From 2nd July to 29th August

Association zen internationale
Founded by Master Taisen Deshimaru
www.zen-azi.org

Summer retreats at

la Gendronnière Zen Temple



Traditionally, summer retreats originated at the time of Buddha when, during the three-month monsoon period, all the disciples would gather together to practice with Shakyamuni, away from the preoccupations and agitation of the world. Since then this tradition has been established in China, Japan, and then in Europe with the arrival of Master Deshimaru in 1967. So, every year, disciples can withdraw from the hustle and bustle of everyday life and rediscover the ideal conditions for practicing the Buddha-Way together.

The practice of zazen

Zazen is the posture of awakening which has been transmitted since Shakyamuni Buddha until now. Zazen is sitting with legs crossed, the back straight, breathing calmly, body and mind unified, without thinking of obtaining anything. Turning one's gaze inward, we go beyond egotistical limits and directly experience awakening to our true nature.

There are six sessions in two consecutive months. The first five days of a session enable each person to give spiritual meaning to all actions during the day: zazen, ceremonies, samu (community work), meals eaten with bowls and in silence, as well as all the ordinary tasks of daily life. Teisho (literally: to expose, to offer) given by teachers, enable clarification of the Dharma, and initiations and instructions in the dojo deepen various aspects of the practice (the posture, rules, sounds and the way ceremonies take place). Then there is a rest day followed by two-and-a-half days of sesshin during which the teachings are focused on zazen.

Welcoming beginners

Special attention will be given to welcoming beginners and new practitioners during the summer retreat.

At each session in order to help new people experience and discover Zen practice, someone will be responsible for introductions and for giving specific teachings.

People of the Way never forget that the body of the Way is zazen. Zazen is simply sitting, completely opening one's heart and mind, only concentrating on truth and letting go of karmic habits.

(Master Nyojo, 13th century).

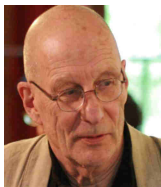
1st Session: July 2nd to July 6th Led by Philippe Reiryu Coupey

Preparation: July 2nd and 3rd

Sesshin: July 4th, 5th, 6th

Arrival: Saturday 1st (dinner served at 8:30 PM)

Departure: Thursday July 6th after lunch

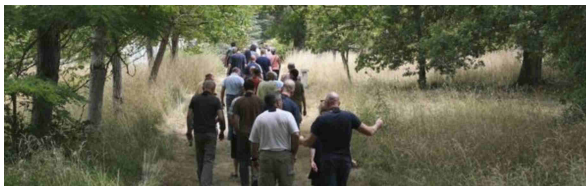


PHILIPPE REIRYU COUPEY, disciple of Master Deshimaru, teaches in Paris and at sesshins in France and Germany.

He has written and published several books on Zen, particularly three volumes of Master Deshimaru's teachings. These books have been published in France, Germany and the United States.

Teaching will be concerned with the poems of Master Daichi.

The session will be translated into German.



2nd session: July 8th to July 16th Led by Guy Mokuho Mercier

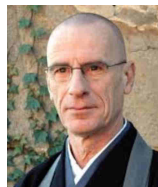
Preparation: July 8th to July 12th

Rest day: July 13th

Sesshin: July 14th, 15th, 16th

Arrival: Friday July 7th (dinner served at 8:30 PM)

Departure: Sunday July 16th after lunch



GUY MOKUHO MERCIER began Zen practice in 1973 with master Deshimaru from whom he received monk's ordination in 1976. Since then he has participated actively in

the sangha as tenzo (head cook) and held responsibility for La Gendronnière Temple from 1991 to 1997. He received Dharma transmission from Master Sojun Matsuno in September 2008. He has been general secretary and then treasurer for AZI.

He is president of the Tenbôrin Association and one of the founder members of the Zen Centre of Lanau in Cantal (www.tenborin.org). The teachings during the second summer camp will be on the theme of "the sutra of inconceivable freedom", also called the Vimalakirti Sutra, which speaks about the bodhisattva ideal.

The session will be translated into English.



3rd Session: July 19th to July 27th Led by Taiun Jean-Pierre Faure

Preparation: July 19th to 23rd

Rest Day: July 24th

Sesshin: July 25th, 26th, 27th

Arrival: Tuesday July 18th (dinner served at 8:30 PM)

Departure: Thursday July 27th after lunch



TAIUN JEAN-PIERRE FAURE is responsible for the teaching. He received monk's ordination from Master Deshimaru, then Dharma transmission from Dônin Minamizawa Roshi.

After having been responsible for La Gendronnière temple, he is now abbot of Kanshoji Monastery in the Dordogne and is currently abbot of La Gendronnière Temple.

Elder disciples will be carrying out workshops; they will be about different aspects of our practice.

The only truth that it is possible to reach, is to abandon the lie, sincerity of the heart.

If the heart has not abandoned all duplicity, where can truth abide?

(Eno, the sixth patriarch)

The session will be translated into English.



4th Session: July 30th to August 7th Led by Raphaël Doko Triet

Preparation: July 30th to August 3rd

Rest Day: August 4th

Sesshin: August 5th, 6th, 7th

Arrival: Saturday July 29th (dinner served at 8:30 PM)

Departure: Monday August 7th after lunch



RAPHAËL DÔKÔ TRIET is currently abbot of Seikuji Temple in Spain. He will be directing the session with the support of Olivier Wang-Genh, abbot of Ryumonji Temple in Alsace.

This session is especially dedicated to those people who wish to discover or deepen Zen meditation within the framework of a retreat.

For the full length of the nine days, the focus will be on the practice of zazen (sitting meditation) and kin hin (walking meditation). Teachings will be on the posture, the breath and the state of mind during meditation.

At a time when a growing number of Westerners are turning towards different meditation practices, Zen, with its ancient teachings transmitted from master to disciple, turns out to be a real treasure.

The session will be translated into Spanish.

5th Session: August 10th to August 18th Led by Yuno Roland Rech

Preparation: August 10th to 14th

Rest Day: August 15th

Sesshin: August 16th, 17th, 18th

Arrival, Wednesday 9th, evening meal at 8.30pm

Departure, Friday 18th August after lunch



YUNO ROLAND RECH received monk's ordination from master Deshimaru in 1974 and the shiho, the Dharma transmission, from Niwa Zenji in 1984. He is abbot of the

Gyobutsuji Temple in Nice. He directs sesshins over almost all of Europe and at La Gendronnière where he was abbot for three years.

The practice requires a return to meditation and simplicity, by discovering the unity between body and mind.

The teaching will be concerned with the unity between practice and awakening, as much in everyday life as on the Way of realisation. Workshops will be organised by the elder disciples of Yuno Rech. They will be about actions, ceremonies, sewing the kesa, the specificity of zazen with regard to other meditations, and about Zen and everyday life.

Responsibilities during the session will also be assumed by Yuno Rech's elder disciples. There will also be kusen, mondo and teisho (talks), dokusan (one-to-one meetings with the godo) will be given on demand during the evening.

The session will be translated into English.

6th Session: August 21st to August 29th Led by Chinrei Gérard Pilet

Preparation: August 21st to 25th

Rest Day: August 26th

Sesshin: August 27th, 28th, 29th

Arrival, Sunday 20th, evening meal at 8.30pm

Departure, Tuesday 29th August, after lunch.



GÉRARD CHINREI PILET has been practising zazen since he met Master Deshimaru in 1969. He moved to Paris in 1974 in order to practise with his master from whom

he received monk's ordination in 1978. After Master Deshimaru's death in 1982, he taught the Dharma in the Paris Dojo until 2010. In that year he went to Ardèche where he founded the Zen Dojo of Annonay while continuing to direct practice sessions in France and across Europe. He received the Dharma transmission from Yuko Okamoto Roshi.

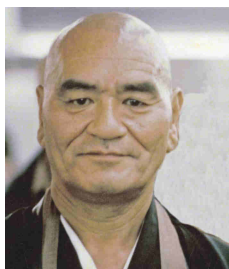
During the preparation teishos will be given – teachings on the Dharma – which will enable each person to deepen their practice.

Qigong workshops and massages will take place during the afternoons as well as workshops to perfect different aspects of our practice: chanting of the sutras, the sounds in the dojo, sewing the kesa... All these workshops will be organised by elder disciples.

There will be mundos as well as meetings with the godo, to facilitate those who wish to put forward questions and receive some help on their path on the Way.

The session will be translated into English.

La Gendronnière Zen Temple founded by Master Taisen Deshimaru



Arrived in Paris in 1967, bringing with him the Soto Zen tradition. He introduced and spread Zen practice throughout Europe for fifteen years, training numerous disciples and founding many places of practice. He died on April 30, 1982 and left his successors the essence of the teaching and gave

them the mission to transmit the Zen Way. Following in the tradition, the elder disciples continue to vigorously transmit the teaching, from person to person.



La Gendronnière temple

Founded in 1979 by Master Taisen Deshimaru, La Gendronnière Zen temple was named Tai Sei Bukkyo Dai Ichi Dojo – The first major dojo in the Western world for the teaching of the Buddha. Today, La Gendronnière temple is the meeting place for all members of the International Zen Association and for the European sanghas. It is also the main practice center for spreading Zen throughout Europe. La Gendronnière is located in the Loire valley, in the midst of an 80 hectare park. The age-old trees, the ever-present silence, as well as the buildings that have been built over the years and the carefully prepared food, all contribute to making the Gendronnière an ideal place to practice.

General information

Rates for 2nd to 6th session :

PER PERSON	SESSION	PREPARATION	SESSHIN
Room for 1	645 €	430 €	215 €
Room for 2	507 €	338 €	169 €
Room for 4 to 6	445 €	297 €	148 €
Dormitory	356 €	237 €	119 €
Tent	276 €	184€	92 €

Prices for the first session (5 days) correspond to the prices for the preparation period shown above.

Registration to several sessions will incur a reduction of 30% taken from the second session.

Accommodation is attributed on a first-come-first-serve basis and depends on availability.

Reduced rates are possible on written request .

NB: Please do not come without enrolling. In case of cancellation, please let us know in advance.

Please bring sheets and pillow cases with you, otherwise you can hire a set for 5 €.

Please bring your own bowls, eating utensils, a napkin and a towel.

Enrollment conditions :

- You must be a member of AZI. Annual dues for 2017 are 45 € (35 € *reduced rate).
- Arrival in the evening preceding the first day of the session, departure after lunch on the last day.
- Meals are provided between sessions (not included in the price of the session).
- Parental authorization is required for minors. It is recommended not to bring children.
- Travel costs are paid by each participant. Pets are not admitted.

Getting there:

TRAIN: A shuttle bus will meet you at Blois station (reservation by telephone) at 19:00, for the train arriving from Paris (departing from Paris-Austerlitz at 17:36), only for the arrival days. Taxis are available outside of these times. For the return trip, a shuttle bus will take you to Onzain station, leaving from La Gendronnière at 15:00.

CAR: Take the motorway A10 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-sur-Loire for 200 metres, then at the bend in the road, bear left. Continue for 300 metres, and at the top of the hill, a sign will indicate La Gendronnière on the left.

200 km from Paris, 15 km from Blois, 1 km from Candé-sur-Beuvron.

Satellite coordinates: Lat 47,479392 and long 1,2564.

Temple zen de la Gendronnière

41120 Valaire
FRANCE

Tél. : 33 (0)2 54 44 04 86

Fax : 33 (0)2 54 44 04 87

lagendronniere@zen-azi.org

Association Zen Internationale

175, rue de Tolbiac - 75013 Paris
FRANCE

Tél. : 33 (0)1 45 89 14 00

Fax : 33 (0)1 53 80 14 33

azi-tolbiac@wanadoo.fr

Registration forms
to be returned at least 10 days before the session to:
Temple zen de la Gendronnière
41120 Valaire – FRANCE

Mrs ☐ M. ☐

First name

Surname

Address

.....

Town

Country

Phone

E-mail

Profession

Monk ☐ Nun ☐ Bodhisattva ☐ First time at la gendronnière ☐

I would like to register for :	Session 9 days	Preparation 5 days	Sesshin 2 1/2 days
1 st session: from 2 to 6/07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 nd session: from 8 to 16/07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 rd session: from 19 to 27/07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 th session: from 30/07 to 7/08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 th session: from 10 to 18/08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 th session: from 21 to 29/08	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I would like* (* Accommodation is attributed on a first-come-first-serve basis and depends on availability.):

Single room	<input type="checkbox"/>			
Room for 2	<input type="checkbox"/>		per session	
Room for 4/6	<input type="checkbox"/>	child 0 - 3 ans	<input type="checkbox"/>	free
Dormitory	<input type="checkbox"/>	child 4 - 8 ans	<input type="checkbox"/>	90 €
Group tent	<input type="checkbox"/>	child 9 - 15 ans	<input type="checkbox"/>	126 €

Parents are fully responsible for their children.

Terms of participation: membership dues for 2017 must be paid up
Payment at the Gendronnière is by cash, bank card or cheque (French banks only)
☐ I would like to reserve a place on the shuttle bus at 19:00, from Blois, on the arrival day.
☐ Confirmation required