

*Temple Zen  
La Gendronnière*

*41120 Valaire, France*

Weeks

# *Gyōji*

Practice without beginning or end

## ALL YEAR LONG

Meditation zen & rituals  
Learning about community life  
Zazen in action: vegetable gardening,  
cooking, sewing, upkeep of the forest  
and biodiversity

Calendar available on [zen-azi.org](http://zen-azi.org)



ASSOCIATION ZEN  
INTERNATIONALE

FONDATEUR MAÎTRE TAISEN DESHIMARU



2025



## GYŌJI WEEKS

Gyōji translates as “uninterrupted practice” (Gyō) (ji). It’s the concentration and full presence of zazen, maintained in all daily activities.

These Gyōji weeks take place throughout the year (see our calendar) and are led by numerous teachers from the great sangha.

It’s an opportunity for practitioners to experience the Sōtō Zen tradition within a Buddhist community, and to perpetuate what Taisen Deshimaru passed on when he founded the Gendronnière Zen Temple.

## ACTIVITIES DURING THE WEEK

Daily life revolves around morning and evening zazen sessions.

Samu, community service, involves construction and renovation work, vegetable gardening and forest maintenance (depending on the season), housework, cooking and kesa sewing.

## THE ONE-DAY PROGRAMME

- 6:30 a.m. zazen, ceremony
- 8:30 a.m. genmai (traditional breakfast), coffee
- 10:30 a.m. samu
- 1:00 p.m. lunch, rest
- 15:00 p.m. samu
- 18:00 p.m. zazen
- 20:00 p.m. dinner, rest

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## RATES

Prices are given on the website. You can sleep in a dormitory or in a 4-5 person room for a lower rate, or in a double or single room for a higher rate.

## INFORMATION AND REGISTRATION

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