Zen-retreat for beginner (or/and advanced)
August 7th to 8th 2021
at Chironico, Switzerland

Dai Sesshin from August 13th to 19th 2021
at Chironico, Switzerland

Shugendo mountain training
August 20th to 22nd 2021
at Chironico, Switzerland
Teacher: Meido Moore Roshi

Guiding teacher of the Korinji Rinzai Zen Community and Abbot of the Korinji monastery: [www.korinji.org](http://www.korinji.org)

Meido Roshi teaches and practices in the USA as well as in Europe

Location: Sala Multiuso, Chironico, Switzerland: [www.chironico.ch](http://www.chironico.ch)
Zen-Retreat for beginner check-in / end:
Saturday, August 7th: check-in: 2pm – 3pm
Sunday, August 8th: end around 5pm

The training content is similar to the daily schedule of a sesshin but less strict, with dokusan (encounter with the teacher) and teisho (lecture by the teacher).

Zazen (zen meditation), choka (okkyo/sutra chanting), shodo (calligraphy), formal meals, breathing exercises and body exercises for energy and posture and other exercises to develop the hara (energetic center of the body), nitten soji (cleaning work indoor), samu (gardening/ work outdoor) are the topics of this training.

Dai-Sesshin check-in / end:
Friday, August 13th: check-in: 2pm – 3pm
Thursday, August 19th: end around 9am

This is a very intensive Zen training with a strict daily schedule especially for experienced students. But - since it is possible to do part-time attendance – it is also for brave new students who have some experience in zazen.

Shugendo mountain training check-in / end:
Friday, August 20th: check-in: 8:30am – 9:30am
(check in the day before is possible)
Sunday, August 22nd: end around 12am
(optional lunch in a restaurant nearby and going away party)

The Shugendo mountain training is also a very intensive form of spiritual training in and with nature. A lot of hiking, little sleep and getting by for many hours without food is challenging and therefore suitable for students in good physical health. You do not need to be in top athletic condition for this event, but you should be prepared to hike on uneven, rugged, and exhausting terrain.
Fee:
Zen-retreat for beginners or/and advanced: CHF 250.00 for the entire training, accommodation and meals.

Dai Sesshin: CHF 620.00 for the entire training, accommodation and meals.
Shugendo Mountain training included: CHF 770.00

Part-time attendance at Sesshin is possible with at least one overnight stay. Please contact Nicole Myoen Ciucci if you want to participate part-time.

Fee for just Shugendo mountain training: CHF 300.00
No part-time possible.
(Additional night from 19th to 20th: CHF 30.00)

It is also possible to do a long stay for the whole time August 7th to 22nd all inclusive CHF 920.00. (Days in between, August 9th to 12th) are loose schedule with zazen and dokusan and samu as trade for free accommodation.

Registration:
Please send registration to Nicole Ciucci
Email: nicole.ciucci@vtxmail.ch
Phone: mobile: 0041-797014116 or home: 0041-625353233

Registration deadline: June 29th 2021!

Please transfer the attendance fee to the following bank account:
(after receiving a confirmation of your registration!)

Nicole Ciucci, CH-6780 Airolo
IBAN: CH35 0588 1136 7332 2000 2
BIC: AHHBCH22XXX
Clearing-Nr. 5881
purpose: Training August 2021

or through PayPal to: nicole.ciucci@vtxmail.ch

Deadline for transfer is July 22nd 2021!
For Sesshin and Zen retreat please bring:
- Hakama and gi or black pants and white shirt
- Warm socks (if the floor is cold)
- Jihatsu set (for formal meals) with cloth and dark colored wrapping
- Chop sticks
- Korinji Okkyo book, if you possess one
- Appropriate outdoor clothing (rain jacket, solid shoes, hat, sunscreen) for samu (outdoor work practice)
- Water bottle
- Eventually sleeping bag (beds with mattress are available)
- Pajamas
- Toiletry
- Flashlight
- NO electronic devices (mobile, personal computer,...)
- There will be an emergency number
- Zafu: meditation pillows (zabuton: floor cushions are provided)

For Shugendo please bring:
Tradition is to wear white during Mountain Training. Please bring white clothes suitable for hiking in all weather conditions (top layer should be white).

- Hiking gear (rain jacket, solid shoes, hat, sunscreen, hiking poles if needed)
- Daypack with extra clothes
- Water bottle
- Small towel
- Bathing suit or similar for takigyo (waterfall training)
- Sandals or other footwear (for takigyo)
- Eventually sleeping bag (beds with mattress are available)
- Pajamas
- Toiletry
- Flashlight
- NO electronic devices (mobile, personal computer,...)
- There will be an emergency number
About Shugendo

Shugendo - the spiritual path of the Yamabushi - is a 1500 year old Japanese religious tradition distilling the profound wisdom teachings of Asia. Combining esoteric Buddhist practice, Shinto awareness of the sacredness of nature, Daoist teachings, and outdoor asceticism such as mountain pilgrimage- Shugendo is an intensely embodied path of awakening.

During the outdoor trainings conducted throughout the year, mountains, valleys, and forests become places of meditation and mirrors revealing our intrinsic wisdom and compassion. Through ritual and ascetic practices like takigyo - meditation under waterfalls - the Shugendo practitioner can shed old patterns and awaken to a new life.

Shugendo is truly a way to be reborn through nature.
**Shugendo Mountain training** *(provisional schedule)*

Lecture about Shugendo practice, meditation practices from the tradition, hiking in nature, waterfall training *(takiygo)* depending on weather conditions, Senko goma *(traditional fire ceremony)* to bless the participants.

Event sponsored by International Shugendo Association, under the direction of Koryu Shugen Honshu.

For more information: [www.shugeninternational.org](http://www.shugeninternational.org)

**Arrival:**

[https://www.chironico.ch](https://www.chironico.ch)

For specific travel information please contact Nicole Myoen Ciucci.

**Dana: (voluntary donation)**

A voluntary donation for support and maintenance of Korinji will be gladly welcome.

Please contact Ruth Zimmermann at check-in.

For more information visit [www.korinji.org](http://www.korinji.org)