

**„The Question of Birth and Death ist great.  
How swift is impermanence!  
Time waits for no one.  
Be careful not to indulge in idleness.“**

(Verse inscribed on the han at Korinji)



**Sesshin from April 20th - 25th 2020  
at Ostello Faido, Switzerland**

**Opportunity for a half-day  
introduction to Shugendo  
on April 25th 2020**

## **Teacher: Meido Zentetsu Roshi**



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

Meido Zentetsu Roshi teaches and practises in the USA as well as in Europe.

### **Sesshin check-in / end:**

Monday, April 20th: check-in: 3pm – 4pm

Saturday April 25th: end around 10am

### **Introduction to Shugendo:**

Saturday April 25th: 1pm – 7pm

Afterwards common **dinner** at the Pizzeria in town  
(not included in the fee, please register if you like to participate)

### **Fee:**

The **attendance fee** is CHF 580.- for the entire training, accommodation and meals. Introduction to Shugendo is included in this fee.

**Additional accomodation** for April 25th: CHF 35.- (please register).

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

The fee for **just Shugendo** is CHF 40.-

### **Registration:**

Please send registration to Nicole Ciucci

Email: [nicole.ciucci@vtxmail.ch](mailto:nicole.ciucci@vtxmail.ch)

Telefon: mobile: 0041-797014116 or home: 0041-625353233

**Registration deadline: January 15th 2020!**

Please transfer the attendance fee to the following bank account:

**Nicole Ciucci, CH-4852 Rothrist**

**IBAN: CH35 0588 1136 7332 2000 0**

**BIC: AHHBCH22XXX**

**Clearing-Nr. 5881**

**purpose: Sesshin April 2020**

**Deadline for transfer is March 1st 2020!**

Notice: Your participation is valid after receiving your payment.  
If the payment isn't transfered by the due date, your place will be taken  
from the next candidate on the waiting list.

## **Arrival:**

<https://www.ostellofaido.com>

For specific travel information please contact Nicole Myoen Ciucci.

## **bring along: for Sesshin**

workout clothes, hakama and gi or black pants and a white shirt,  
meditation pillows: zafus  
and if you have: zabutons, okyo-book,  
jihatsu bowls (for formal meals) with cloth and dark colored wrapping.

Sesshin includes samu (periods of manual work practice). Depending on the season and weather forecast, bring appropriate outdoor clothing (rainjacket, solid shoes, hat, sunscreen).

## **for Shugendo**

Outdoor clothing as above,  
swimsuit, towel (for possible waterfall-meditation)

## **DANA**

voluntary donation

Korinji opened it's doors in 2018!

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

Please contact Nicole Myoen Ciucci at check-in.

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



# 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.**

## Introduction to Shugendo

(provisionally schedule)

Lecture about Shugendo practice; meditation methods from that tradition; hiking in nature; eventually waterfall practice depending on weather condition; Senko goma, a traditional fire ceremony, will be performed as a blessing.



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