

IZAUK Autumn Sesshin



9th - 12th November 2023 • Sheringham • Led by Maddie É Shin Parísio

About the Teacher

Maddie É Shin Parisio began practising in 1996 and was ordained bodhisattva by Mokudo Shogen Jean Baby in 1998. She lived as a permanent at La Gendronnière Temple for a year in 2006-7 where she became a disciple of Philippe Rei Ryu Coupey. She received nun's ordination from him in 2007 and Dharma transmission from him in 2021. She is active in both Philippe's Sangha Sans Demeure and the British Sangha (IZAUK). She lives in Norwich, England.



Sesshin Details

Arrival – Thursday 9th November from 4.00pm

Departure – Sunday 12th November after 3.00pm

It is possible to stay on Sunday night and leave instead on Monday morning before 10.00am.

The sesshin will include an ordination ceremony. If you wish to receive Bodhisattva ordination please contact the sesshin organiser as soon as possible.

Venue

Sheringham Youth Hostel, Cremer's Drift, Sheringham, Norfolk, NR26 8HX

The Youth Hostel is situated off the A149 coast road in Sheringham behind St. Joseph's Roman Catholic Church, a 5 minute walk from the railway station.

How to get there

Take the train directly to Sheringham. Trains run from Norwich once an hour. (www.greateranglia.co.uk). National Express Coach services and Megabus all go to Norwich and you can take a bus or train from Norwich. Bus nos. 44, 44a, X44 and X40 run every 30 minutes. See Sanders Coaches (www.sanderscoaches.com/timetables).

What to bring

Dark, loose-fitting clothes for zazen, and clothes for samu (work in the kitchen, cleaning or gardening). A zafu and zafuton if you have one (some spares available). A bowl, cutlery and cloths to wrap them in. Please bring your own mug for drinks.

Covid - Appropriate covid protocols may be implemented if necessary, details to follow.

Cost

Recommended: Friends of IZAUK - £175 Non-members - £195

Low wage: Friends of IZAUK - £150. Non-members - £170

Unwaged: Friends of IZAUK - £125. Non-members - £145

Those booking before 23rd October with full payment or a deposit of £25 will receive a £20 discount on the above prices. Please note that deposits are not normally refundable.



Registration

Please register online and pay either the £25 deposit or full amount (deducting your £20 if you are paying before 23rd October).

To register, go to www.izauk.org/events

International Zen Association
UNITED KINGDOM



For any other information please email
Jan Pearce, the organiser, jan@izauk.net

Don't let finances stop you attending – Friends of IZAUK (which you can join online) who require financial assistance can apply for help from the IZAUK Bursary Fund – Contact John Callaghan at john@izauk.net. All money in the Bursary Fund has been donated by other members. Sometimes we are able to give, and at other times we may need to receive.