

Sesshin a zen retreat

The word sesshin comes from Japanese and means «touching the mind». It's a period of collective retreat lasting several days devoted to the intensive practice of zazen, interspersed with moments of collective work to keep the place running smoothly (cooking, cleaning, etc.).

Zazen is simply sitting, with no particular goal. The posture has been transmitted down from Buddha to us. Immobile and silent, it allows us to meet ourselves and become intimate with our deepest nature.

There will be a two-day preparation period on 26 and 27 August, with the actual sesshin beginning on the 28th.

During the preparation period, we'll be organising a day's walk on the Larzac plateau, punctuated by one or two sittings. These two days will lay the foundations for sesshin.

We will end this intense period by sharing a convivial, even festive, moment.



Teaching



Guyseika has been a disciple of Philippe Coupey in the tradition of the Japanese master Taisen Deshimaru since 1998. Although his approach to Zen is influenced by his background in alternative circles, he was ordained as a Zen monk in 2002 and was in charge of the Nantes Zen Dojo from 2016 to 2020. He received certification from his Zen master, Philippe Coupey, in 2021. He also worked with him on several of his books (Zen Simple Assise, Zen d'Aujourd'hui). He is himself the author of several Zen-related books, including Sept chemins sauvages (2021), Minuit est la vraie lumière (with Ph. Coupey, 2023) and Ikkyu, un rebelle zen (2025). He regularly accompanies zazen in Lorient and retreats in France and abroad.

Location and cost

This sesshin will take place from **26 to 30** of August at La Blaquière, on the Larzac plateau around ten kilometres from Millau (arrival on the evening of the **25th**, possible departure on the 31st in the early afternoon but we'll have a relaxed afternoon and a party in the evening. Departure on the morning of the 31st).

The accommodation is rustic but welcoming in rooms of 2, 3 or 4, in an unspoilt setting surrounded by the powerful environment of the Larzac plateau.

It is also possible to pitch your own tent in the garden near the yurt.

Places are limited to 24 people, so register early. Your place will be definitively reserved on payment of 40 euros in the form of a cheque to the asso Sauvagerie Production or a bank transfer to the asso's account (send an e-mail to guyseika@gmail.com).

Price :

160 euros + free fuse

(reduced rates are easily available on request when you register).

Responsibilities

You can offer to take on a particular responsibility during sesshin (particularly cooking). Let's talk about it.

Inscriptions et informations :

guyseika@gmail.com ; +33 6 58 00 68 86

Guy Faure, 1 rue de la poste 56700 Hennebont

What to take with you

Bring a fitted sheet, sleeping bag, walking shoes, bowl, cutlery and towel.

For the dojo: loose-fitting clothing in a neutral colour, possibly your zafu and zafuton.

How to get to the sesshin

- If you are coming from the north (Clermont), go to Millau, take the direction of Larzac (Montpellier), arrived at the top of the hill, take the 1st left direction «fermes du Larzac du Nord-Est». After 4 km, at the first intersection, turn right towards «la blaquière». When you arrive, park in the car park at the entrance to the hamlet. Take the left-hand track (near the large rock) on foot to enter the hamlet. After 100m you'll see a small square on the right (with my green van parked on it), that's it. You enter the house through the glass door next to the wood shed.

- From Montpellier or Toulouse, go to «la cavalerie» and then head towards Millau. Just before you start to descend towards Millau, turn right in the direction of «fermes du Larzac du Nord-Est». After 4 km, at the first intersection, turn right towards «la blaquière». When you arrive, park in the car park at the entrance to the hamlet. Take the left-hand track (near the large rock) on foot to enter the hamlet. After 100m you'll see a small square on the right (with my green van parked on it), that's it. The entrance to the house is through the glass door next to the wood shed.

- Public transport from Paris :
From Paris Gare de Lyon to Montpellier Saint-Roch (TGVinoui or TGVUIGO)

- On leaving the Gare Saint Roch (on the forecourt on your right) take the Autocar Régional 233 (departure times: 9h52/15h27/17h52) To the Larzac stop: La CAVALERIE - Carpooling area

departure : Montpellier Saint-Roch, Montpellier
For timetables, see the website :

<https://plan.lio-occitanie.fr/fr/>

Please note that we will be staying with Francis and Carmen, two long-time zen aficionados:
Francis : FFtchesko@gmail.com 0675890826
Carmen : carmenpaintoux@gmail.com

Extra

Following on from the sesshin, we're proposing a few days of wild zen roaming along the Atlantic coast: wild camping, zazen and ocean. You should be quite self-reliant. we'll discuss the organisation of this adventure.



Sesshin zen des rocs du Larzac

Accompanied by Zen monk Guyseika

Du 26 au 30 août 2026



Sangha Sans Demeure