



ZEN

SESSHIN OP AMELAND
MET MEESTER KOSEN

14 T/M 16 JUNI 2013

Zen practice in the Dutch dunes

Sea, sand, wind and sun

Arrival at Ameland 13th June

An island in the north of the Netherlands
Known for its' spiritual practice

Early booking discount

**120 € for 3 nights,
all meals & zazen**

What:	sesshin with Master Kosen
Date:	14 - 16 June (arrival on 13 June)
Where:	De Zonnedaauw Kooiplaats 2 9164 KN Buren, Ameland
Price:	140 euros (120 euros if you pay before May 15)

For more information about the ferry to Ameland:

[www.wpd.nl / home.ashx](http://www.wpd.nl/home.ashx).

Please contact the dojo for the transport from
Amsterdam to the ferry, organised together.

www.zen-deshimaru.nl

Inscription:

www.zen-deshimaru.nl

European Zen Center:

+ 31 20 62.58.884

Sesshin with Master Kosen on the isle of Ameland in the Netherlands

14 - 16 June a zen retreat, a sesshin organised at the beautiful island Ameland. Arrival on 13 June in the evening. Departure is on Sunday afternoon after a warm lunch. The sesshin takes place at:

**De Zonnedaaw
Kooiplaats 2
9164 KN Buren, Ameland**

Sesshin means «touching the mind". It's a period of intensive zen practice, in this case 2 ½ days, led by Master Kosen. Master Kosen Thibaut was born in Paris in 1950. Since he was 19, he decided to give his life to the zen practice. He is a pupil of a Japanese zen master, Taisen Deshimaru. In 1984, after the death of his master, he received the transmission (shiho) of Master Niwa Zenji, the highest authority of zen in Japan at that time.

There are numerous dojos of Master Kosen in Europe, South-America and Canada. There is a temple in the south of France, in the Haute Languedoc and another one in Argentina. Master Kosen has published two books: "La révolution intérieure" (1999) and "Les Cinq degrés de l'éveil" (2006). For more information about the International sangha of master Kosen look at: www.zen-deshimaru.com

What to bring to the sesshin?

Sleeping bag and pillow case. For zazen: zafu, zafuton and a kimono or dark and comfortable fitting clothes. If you don't have a zafu or zafuton, please let us know so we can bring some extra.

The price

€ 140 (children half price)

If you make your reservation and payment before May 15, you will get a reduction on the costs of 20 €.

The price will then be 120 euro for 3 nights, all meals and zazen included.

