



zen



ZEN WEEKEND AND SESSHIN

INTRODUCTION TO THE PRACTICE OF ZEN
WITH MASTER MYOKEN BEC

14 & 15 FEBRUARY

EUROPEAN ZEN CENTER

www.zen-deshimaru.nl

zen



Sesshin is a Japanese word meaning touching the spirit. It defines a period of spiritual retreat in which you essentially concentrate in the practice of sitting meditation, zazen.



MASTER YVON MYOKEN BEC

Just before his death in 1990, Master Mokusho Zeisler gave Yvon Myoken Bec, the mission to create a dojo in Budapest - to spread the teachings of Master Deshimaru in Hungary, his country of origin and in Eastern Europe. Master Myoken followed the teachings of Master Deshimaru and Master Mokusho Zeisler for more than thirty years. He himself has taught for fifteen years in Hungary and in Eastern Europe. He founded two temples, Taisen-ji, in Budapest, and Hôbo-ji nearby, as well as dojos in Bucharest and Zagreb. In the fall of 2002, Master Myoken received the dharmatransmission from Master Stéphane Kosen Thibaut, who along with Master Mokusho Zeisler is one of the successors of the dharma of Master Deshimaru, making him 85th patriarch in the lineage of Buddha.

**COST
SESSHIN / WEEKEND 70 EURO
(50 EURO FOR STUDENTS AND PEOPLE WITH LITTLE INCOME)**

**EUROPEAN ZEN CENTER
VALCKENIERSSTRAAT 35
1018 XD AMSTERDAM
TEL: 020 625 8884
THE CENTER IS CLOSE TO WEESPERPLEIN.
METRO AND TRAM ARE NEARBY.**

INSCRIPTION, INFORMATIONS AND SCHEDULE: WWW.ZEN-DESHIMARU.NL