

SESSHINS at YUJO NYUSANJI TEMPLE

Sesshin of the South

28 & 29 September
Led by the monk
Florian Hara Sho Richter
€110 or €85*

day of preparation at the temple
 day of sesshin at the temple

Autumn Camp

31 October - 3 November
1 day of preparation, 2 1/2 days
sesshin
Led by the nun Véronique
Myokan Harruis
Whole camp:
€220 or €168*
sesshin: €165€ or €126*

Winter Camp

28 December - 1 January Night
sesshin: 30 - 31
New Year's Day: 1 January
Led by Master IngridGyuJi
Igelnick
Whole Camp: €275 or €215*
Camp without 1 January:
€165 or €126*
sesshin only: €110 or €85*
sesshin + 1 January:
€170 or €130*

Winter's End Sesshin

22 & 23 february
led by the monk Richard Kosen
Féret
€110 or €85*

Easter Sesshin

18 - 21 April
1 day of preparation, 2 1/2 days
of sesshin led by
Master Françoise Jomon Julien
session: €220 or €168* sesshin:
€165 or €126*

Spring Camp

29 May - 1 June
1 day of preparation, 2 1/2
days of sesshin led by Master
Barbara Kosen
session: €220 or €168*
sesshin: €165 or €126*

Sesshin of the Kesa

19 - 22 June
led by
Huguette Moku Myo Sirejol
Geneviève Ho Shin Capelle
Stéphane Gillot
Master Ingrid Gyu Ji Igelnick
€55 or €42* per day

Samu at the Temple

5 hours samu / fusé
Preparing garden for winter:
26 - 30 October

Spring Samu:
22 - 29 April

Samu at the Temple:
1 - 13 July
18 - 25 August

Staying at the Temple:
Throughout the year, outside
of activity dates, for the
duration of your choice.
16€ per day.

Info: yujo.nyusanji@zen-deshimaru.com



Planning of sesshins et camps

Kosen Sangha 2024 - 2025

www.zen-deshimaru.com

samu at the temple
 other sesshins

2024 SEPT.	OCTOBER	NOVEMBER	DECEMBER	2025 JAN.	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST
1 S	1 T	1 F	1 S	1 W	1 S	1 S	1 T	1 T	1 S	1 T	1 F
2 M	2 W	2 S	2 M	2 T	2 S	2 S	2 W	2 F	2 M	2 W	2 S
3 T	3 T	3 S	3 T	3 F	3 M	3 M	3 T	3 S	3 T	3 T	3 S
4 W	4 F	4 M	4 W	4 S	4 T	4 T	4 F	4 S	4 W	4 F	4 M
5 T	5 S	5 T	5 T	5 S	5 W	5 W	5 S	5 M	5 T	5 S	5 T
6 F	6 S	6 W	6 F	6 M	6 T	6 T	6 S	6 T	6 F	6 S	6 W
7 S	7 M	7 T	7 S	7 T	7 F	7 F	7 M	7 W	7 S	7 M	7 T
8 S	8 T	8 F	8 S	8 W	8 S	8 S	8 T	8 T	8 S	8 T	8 F
9 M	9 W	9 S	9 M	9 T	9 S	9 S	9 W	9 F	9 M	9 W	9 S
10 T	10 T	10 S	10 T	10 F	10 M	10 M	10 T	10 S	10 T	10 T	10 S
11 W	11 F	11 M	11 W	11 S	11 T	11 T	11 F	11 S	11 W	11 F	11 M
12 T	12 S	12 T	12 T	12 S	12 W	12 W	12 S	12 M	12 T	12 S	12 T
13 F	13 S	13 W	13 F	13 M	13 T	13 T	13 S	13 T	13 F	13 S	13 W
14 S	ZaZoom	14 T	14 S	14 T	14 F	14 F	14 M	14 W	14 S	14 M	14 T
15 S	24 h.	15 F	15 S	15 W	15 S	15 S	15 T	15 T	15 S	15 T	15 F
16 M	16 W	16 S	16 M	16 T	16 S	16 S	16 W	16 F	16 M	16 W	16 S
17 T	17 T	17 S	17 T	17 F	17 M	17 M	17 T	17 S	17 T	17 T	17 S
18 W	18 F	18 M	18 W	18 S	18 T	18 T	18 F	18 S	18 W	18 F	18 M
19 T	19 S	19 T	19 T	19 S	19 W	19 W	19 S	19 M	19 T	19 S	19 T
20 F	20 S	20 W	20 F	20 M	20 T	20 T	20 S	20 T	20 F	20 S	20 W
21 S	21 M	21 T	21 S	21 T	21 F	21 F	21 M	21 W	21 S	21 M	21 T
22 S	22 T	22 F	22 S	22 W	22 S	22 S	22 T	22 T	22 S	22 T	22 F
23 M	23 W	23 S	23 M	23 T	23 S	23 S	23 W	23 F	23 M	23 W	23 S
24 T	24 T	24 S	24 T	24 F	24 M	24 M	24 T	24 S	24 T	24 T	24 S
25 W	25 F	25 M	25 W	25 S	25 T	25 T	25 F	25 S	25 W	25 F	25 M
26 T	26 S	26 T	26 T	26 S	26 W	26 W	26 S	26 M	26 T	26 S	26 T
27 F	27 S	27 W	27 F	27 M	27 T	27 T	27 S	27 T	27 F	27 S	27 W
28 S	SESSHIN	28 M	28 T	28 S	28 F	28 F	28 M	28 W	28 S	28 M	28 T
29 S	of SOUTH	29 T	29 F	29 S	29 W	29 S	29 T	29 T	29 S	29 T	29 F
30 M	30 W	30 S	30 M	30 T	30 T	30 S	30 W	30 F	30 M	30 W	30 S
	31	31 T	31 T	31 F	31 F	31 M	31 M	31 S	31 T	31 T	31 S

SUMMER CAMP IN YUJO NYUSANJI TEMPLE

1st session led by the nun Gabriela Sanpai Sobel

2nd session led by Master Paula Reikiku Femenias

3rd session led by Master Christophe Ryurin Desmur

: 17 - 25 July 5 days of preparation,

1 rest day, 2,5 days of sesshin

: 27 July - 4 August 5 days of preparation,

1 rest day, 2,5 days of sesshin

: 7 - 16 August 5 days of preparation

1 rest day, 3,5 days of sesshin

Price of the Summer Camp Yujo Nyusanji				
Session	Entire Session	Sesshin		
1 or 2	€470	€375*	€175	€145*
3	€525	€420*	€235	€190*
Permanents & *Super Permanents*				€675
Session, people under 26 years:				€200

SUMMER CAMP IN ARGENTINA

1st session led by the monk Nicolas Toku Nessi

2nd session led by Master Dosei Labbate

3rd session led by Master Taigen Yamauchi

Info: zen-deshimaru.com.ar

: 5th - 13th January 2025

: 15th - 23rd January

: 26th January - 4th February

OTHER SESSHINS

Zen Temple Lyon

Sesshin 22 & 23 March
Led by Master Ingrid Gyu Ji
Igelnick
info: www.dojozen-lyon.fr

Dijon

Sesshin 3 & 4 May
Led by Master Françoise Jomon
Julien

Barcelona Ryokan

Sesshin 7 & 8 December
Led by Master Pierre Soko
Leroux

Sesshin 1 & 2 February
Led by the monk Paul Dokuzan
Loomans

ZEN y PLAYA

22 - 31 August
Led by Master Pierre Soko
Leroux

dojo@zen-barcelona.com
Tel: +34 717 718 517

Amsterdam Gyo Kai

Sesshin 22 - 24 November
Led by Master Françoise Jomon
Julien

Sesshin of the Kesa, 1 - 2 March
Led by Master Françoise Kosen
Laurent

Sesshin 21 - 22 June
Led by Master Pierre Soko
Leroux

info@zenjoamsterdam.nl

Göteborg So Gyo

Sesshin 24 - 25 May
Led by Master Paula Reikiku
Femenias

Info: www.zen.goteborg.se

Zazoom 24h

24 - 25 Sept. 2024
24h of zazen on line worldwide
led by the conductors of
Zazoom

Info: www.zazoom.org

Chile

'ZEN y PACIFICO'
Sesshin 15 - 23 February 2025
Led by Master Pierre Soko
Leroux

Info: zenchile.cl

Mexico

Mexico Sesshin
13 - 20 April 2025
Led by Master Pierre Soko
Leroux

info@zenmexico.org

Quebec

info@dojozen.com
Tel: (418) 692-1555

* Reduced price

If there are to be ordinations, they will take place during the sesshin of the 3rd session.

Please check for any changes on www.zen-deshimaru.com

SUMMER CAMP

"Ango" is a tradition in Japan since the time of Buddha. It was a period of practice when the whole Sangha came together around the Buddha during the rainy season.

OUR SESSIONS INCLUDE:

- A period of preparation lasting between 4 and 6 days followed by a sesshin (period of more intensive practice).
- Teachings in the dojo (kusen).
- Samu: taking part in the daily tasks of the temple (zen kitchen, garden, maintenance, sewing of the kesa).
- Various related activities: yoga, do-in, shiatsu...

Arrival is on the evening before each session. A session ends on the last day after lunch.

SAMU:

Samu is a Japanese word which literally means "doing things", as well as "things to do". Samu is work for the temple and the community, and forms an integral part of the practice.

PERMANENTS:

'Permanents' are participants who stay for the entire Summer Camp and are involved in its organisation and running. They must arrive one day before the start of the camp to assume their responsibilities and should leave the temple at the end of the camp when everything has been finished. A 'permanent' pays a reduced tariff. (see details of pricing below). A charge of €16 will be paid for each day of late arrival or early departure.

To be able to be part of the team of 'permanents', send an e-mail to permanent@zen-deshimaru.com or a letter to the Temple Yujo Nyusanji. This request should be made one month before the start of the camp.

The 'permanents' may not leave the summer camp. If you have an urgent reason to be absent, you need to get permission before the camp starts. Make your request known when registering to be a 'permanent'.

DAYS BETWEEN SESSIONS:

'Permanents': a fuse for meals. Others: €8 for dinner and breakfast, €8 for lunch.

ORDINATIONS:

If there are to be ordinations, they will take place during the sesshin of the 3rd session. Taking part in the ordinations costs €160 for monks and nuns and €100 for bodhisattvas.



SESSHIN

Sesshin is a Japanese word meaning "touching the spirit". It refers to a period of spiritual retreat during which the participants live according to the rhythm of the intensive practice of the zen temples. This period generally involves four zazen per day, meals and traditional ceremonies and participation in the samu (daily work). Sesshins are a time when monks and nuns of the sangha come together to deepen their practice under the direction of a teacher. It also allows beginners, who are always welcome, to experience the authentic life of the temples. In this way, sesshins represent the perfect framework to discover and deepen the practice of zen.

ZEN TEMPLE YUJO NYUSANJI

'Leave the castle and climb the mountain'. The temple is situated in the regional park of High Languedoc, at an altitude of 800 mtr., surrounded by woods and rivers, Yujo Nyusanji Temple is an ideal place for the practice of zazen.

TEACHING THE DHARMA

Master Kosen is the 83rd patriarch of zen Buddhism and the successor of Master Taisen Deshimaru. He is assisted in this mission by the certified masters of the Kosen sangha: Soko Leroux, Ryurin Desmur, Kosho Vuillemin, Jomon Julien, Gyu Ji Igelnick, Do Sei Labatte, Rei Kiku Femenias and Tai Gen Yamauchi. He is also assisted by Master Barbara Kosen, co-disciple of Master Deshimaru, and senior disciples of the sangha.



REGISTRATION

Registration takes place by internet: at www.zen-deshimaru.com (You will receive an automatic confirmation e-mail), or by post to Zen Temple Yujo Nyusanji.

How to pay for the sesshins or camps at Yujo Nyusanji Temple:

(N.B : Other sesshins/camps which take place outside the temple, should be paid directly to the organising dojo. For more information contact the organisers directly.)

You may choose the form of payment:

- By bank transfer
IBAN: FR76 4255 9100 0008 0035 9417 710
Code BIC/Swift: CCOFPPXX
- On arrival at the temple

Accommodation

Full board and lodging. For people of limited means we allow a reduced price. Contribution for children: under 3 years, fuse (at your own discretion), from 3 to 8 years: 30 % of the adult price; older than 8 years: 50 % of the adult price.

Summer Camp

During the Summer Camp it is not possible to register only for the preparation of a session. Registration is either for a whole session or for a sesshin. If you come for two sessions, you are eligible for a reduction of 10% on the price of the cheapest session.

IMPORTANT:

Always bring a zafu, sleeping bag and warm clothing no matter which season.

GETTING TO THE TEMPLE

USING PUBLIC TRANSPORT:

The closest town to the temple which is accessible by public transport is Lamalou-les-Bains. Buses for Lamalou-les-Bains leave from Béziers (line 215 - Monday to Saturday leaving at 11:15 and 17:15) and from Montpellier (line 303 Monday to Saturday: 07:45, 12:40, 16:45; and every day at 10:15, 18:30) leaving from "Mosson" station, tram line 1 or 3). Line 485 every day at 15:45. It is also possible to go by bus (SNCF) to Bedarieux from Béziers.

We ask people coming by public transport to come to Lamalou-les-Bains and to inform us at the time they register. We can arrange for a pick-up in front of the Casino in Lamalou-les-Bains on the day of arrival of the sesshins or sessions. To contact us in the temple +33 (0)4 67 23 85 10

BY TAXI FROM LAMALOU-LES-BAINS:

Taxi André: 06 08 77 12 96 Lamalou-les-Bains.
Reserve the day before. Price ± €35



COMING BY CAR:

If you have free places in your car, please advise us when you register, giving your telephone number. Others could benefit from the possibility and could share costs.

The temple is situated in the mountains of Caroux. One gets there from the D908, which follows the Orb Valley and joins St. Pons with Bedarieux. There are various possible ways after that. We usually say that the safest way to get here (in case of snow) is the road from Hérépian to Rosis. Here is a quicker route:

FROM HÉRÉPIAN:

Take the D13 to Saint Gervais sur Mare. Go left to l'Horte. At l'Horte, turn right on the D22 to Saint Gervais, until the pass of la Pierre Plantée, follow Rosis, pass through Rosis and then follow Douch. After the hamlet 'Le Cabaret' and after a small bridge you will see a board indicating "Temple Zen du Caroux".



PARKING:

Cars may not remain stationed at the entrance to the temple. After unloading your luggage you must park the car in the car park situated close by on the road to Douch on the left.



MEMBERSHIP OF THE ABZD:

An annual subscription of €3 shall be required in order to become a member of the Zen Deshimaru Buddhist Association and

Temple Yujo Nyusanji
Hameau de Douch
34610 Rosis
France

Dojo of Maître Kosen
34, rue Bourrely
34000 Montpellier
France

www.zen-temple.org
tel. temple:
07 49 70 35 33
tel. secretariat:
06 68 26 14 83

www.zen-deshimaru.com

