

# **Zazenkai (Zen training) at Ostello Faido, Switzerland**

**April 13 – 16, 2023**



## **Schedule:**

Thursday, April 13:           2pm check-in, coffee/tea and cake  
                                      3pm beginning of Zazenkai

Sunday, April 16:           End Zazenkai approx. 10am  
                                      Optional lunch together

The training content is similar to the daily routine of sesshin, without Dokusan and Teisho:

Zazen, Okyo, Shodo (calligraphy), formal meals, body exercises for the development of the Hara, Nitten soji (cleaning work in the house), Samu (work outside), possibly discussion round in the group with training-related content. Possibly also online connection with Meido Roshi, Korinji, for Teisho or questions and answers.



### **For Zazenkai please bring:**

- Hakama and gi or black pants and white shirt
- Warm socks (if the floor is cold)
- Jihatsu set (for formal meals), plastic or ceramic ok, with white cloth (30x30cm) and dark colored wrapping (40x40cm)  
For a small fee of CHF 3.00 we have some sets to borrow; first come, first served!
- Chop sticks
- Korinji Okyo book if you possess one
- Appropriate outdoor clothing (rain jacket, solid shoes, hat, sunscreen) for samu (outdoor work practice)
- Water bottle
- Pajamas (bedrooms with 2 or 4 or 6 beds; bed linen are provided)
- Toiletry (towels are provided)
- Flashlight (for walking outside at night during solitary meditation practice)
- NO electronic devices (mobile, computer,...) in the training locations
- There will be an emergency number: +41-797014116 (Myoen)
- Zafu: meditation pillows (zabuton: floor cushions are provided)

### **Registration:**

[info@zentraining.ch](mailto:info@zentraining.ch)

[www.zentraining.ch](http://www.zentraining.ch)

Mobile: +41-797014116

**Registration deadline: March 15, 2023!**

**Fee:**

CHF 200.00 for the entire training (Thursday to Sunday), room rental, practice material, accommodation and meals.

Please transfer the attendance fee to the following bank account after receiving the confirmation of participation but **no later than March 29, 2023**.

Please note that the transfer fee and/or currency exchange fee will be at your expense!

**Zentraining.ch**

**IBAN: CH37 0900 0000 1574 4735 8**

**Postfinance**

**6780 Airolo Schweiz**

**BIC: POFICHBEXXX**

**Clearing-Nr.: (BC) 900**

**purpose: Zazenkai April 2023**

**Location:**

Ostello Faido, Via Canton Lucerna 7, 6760 Faido, Switzerland

<https://www.ostellofaido.com>

For travel informations please contact Myoen Nicole Ciucci Tel. +41-797014116

