



# MOKUSANdojo

ASOCIACIÓN ZEN TAISEN DESHIMARU  
fundado por Bárbara Kosen

Spring field • 2011

**DURING EASTERN WEEK, FROM APRIL 16TH TO 24TH , SHORIN-JI TEMPLE IS ORGANIZING A WEEK OF PRACTICE OF ZAZEN AND SAMU.**

Throughout the week you will have the opportunity to follow the daily rhythm of the temple and participate in the upgrading works that take place throughout the year

#### **THE SCHEDULES ARE:**

- During the week, from Tuesday to Friday: zazen at 7 am, breakfast, samu-work in the concentration of the body and mind-15h food, rest, samu at 18 (preparation of the meal) , zazen 20h and dinner.
- Saturday and Sunday at 7:30 pm zazen. The activity is identical throughout the day.
- Monday is Hosan, resting day. On Saturday April 23, there will be an intensive day of zazen.

#### **THE SAMU TO PERFORM ARE:**

- Laying the Foundation of the men's house (very important). We need a team of 7 or 8 people for 3 days.
- Preparation of shelving for shoes of the dojo entrance. Samu of clearing and preparing the orchard.
- Isolation of the roof of the cabin of women.

#### **PRICE**

Economical participation is 10 euros per day (6 for the unemployed). Fuse will be asked for the day of zazen. Come many, is an opportunity to participate in the spring of Shorin-ji.