

Zen Sesshin



Shokan Marcel Urech San

Shogen-dojo Rinzai Zen Society, Zürich
Disciple of Eido Shimano Roshi

I Shin Juku

Tatenhill Village Hall
Burton-upon-Trent

**10:00 Saturday 26 May to
12:30 Sunday 27 May 2007**

Cost: £35

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British Aikikai (British Birankai)

Member of Birankai International, the British Aikido Board and World Aikikai Headquarters (Hombu Dojo)

www.britishaikikai.co.uk

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Timetable

Saturday 26 May	Sunday 27 May
1000: Registration	0530: Rise
1100: Morning service	0600: Morning service
1200: Zazen	0645: Zazen
1245: Dokusan	0730: Breakfast
1330: Samu	0900: Zazen
1400: Lunch	0945: Dokusan
1530: Zazen	1030: Zazen
1615: Dharma talk	1115: Closing service
1700: Zazen	1145: Informal lunch
1745: Samu	
1800: Dinner	
1930: Chants	
2015: Zazen	
2100: Retire	

Please bring a zabuton, zafu, three bowls, two napkins, chopsticks, dark clothing and a sleeping bag.

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