



2014, TIME TO  
zen

YOUNG WISDOM FOR A MODERN SOCIETY

**ZEN WEEKEND AND SESHIN**

INTRODUCTION TO THE PRACTICE OF ZEN  
WITH MASTER KOSHO

**29 & 30 NOVEMBER**

EUROPEAN ZEN CENTER

[www.zen-deshimaru.nl](http://www.zen-deshimaru.nl)

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## LECTURE

“YOUNG WISDOM FOR A MODERN SOCIETY”

THURSDAY 27 NOVEMBER 2014 • 20.00 - 21.30 HOURS



## INTRODUCTION TO THE PRACTICE (FOR STARTERS)

FRIDAY 28 NOVEMBER - 20.00 - 21.00 HOURS

## ZEN WEEKEND / SESSHIN WITH MASTER KOSHO

SATURDAY 29 NOVEMBER - 8.00 - 22.00 HOURS

SUNDAY 30 NOVEMBER - 8.00 - 15.00 HOURS

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.

Kosho, ordained monk in 1998, is a young and eclectic Zen master. Actual guardian of the Zen temple Yujo Nyusanji in South of France, he is the prime disciple of master Kosen and one of the main coordinators of his international sangha.

### COST

LECTURE AND INTRODUCTION FREE ENTRY

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](http://WWW.ZEN-DESHIMARU.NL)