

SESSHINS AT YUJO NYUSANJI TEMPLE

Sesshin of the South

30th September – 1st October
Led by the nun Muriel Mokuko Malvotti
Price: €110 or €85*

Autumn Camp

2nd November – 5th November
1 day of preparation, 2,5 days of sesshin
Led by master Pierre Soko Leroux
Price for the whole camp: €275 or €210*
Price for the sesshin: €165 or €126*

Winter Camp

28th December – 1st of January
28th – 29th preparation
Night sesshin: 30th – 31st
New Year's Day: 1st January
Led by master Paula Reikiku Femenias
Prices:
Whole camp: €275 or €215*
Camp without 1 Jan: €165 or €126*
Sesshin only: €110 or €85*
Sesshin + 1 Jan: €170 or €130*

Winter's End Sesshin

24th and 25th February
Led by the nun Véronique Myokan Harruis
Price: €110 or €85*

Easter Sesshin

29th – 31st March and 1st April
1 of preparation, 2,5 days of sesshin
Led by the nun Gabriela Sanpai Sobel
Price whole session: €220 or €168*
Price for the sesshin: €165 or €126*

Spring Camp

8th – 12th May
2 days of preparation, 2,5 days of sesshin
Led by master Françoise Jomon Julien
Price session: €275 or €210*
Price sesshin: €165 or €126

Sesshin of the Kesa

13th – 16th June
Led by Francoise Kosen Laurent
Price: €55 or €42* per day

Samu at the Temple

Price per day:
4 hours of Samu: €16
6 hours of Samu: free

Preparing the garden for winter:
28th October – 1st November

Spring samu:
20th – 27th April

Samu led by Richard Kosen Féret:
18th – 28th June

Samu at the Temple:
1st - 13th July

Samu at the Temple:
18th - 25th August

* The second price is a reduced price for people of modest income.



more information and registrations at www.zen-deshimaru.com

2023 SEPT.	OCTOBER	NOVEMBER	DECEMBER	2024 JAN.	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST
1 F	1 S SESSHIN of SOUTH	1 W Samu	1 F	1 M WINTER CAMP	1 T	1 F	1 M EASTER SESSHIN	1 W	1 S	1 M	1 T
2 S	2 M	2 T	2 S Sesshin	2 T	2 F	2 S	2 T	2 T	2 S	2 T	2 F
3 S	3 T	3 F AUTUMN CAMP	3 S Barcelona	3 W	3 S	3 S	3 W	3 F	3 M	3 W	3 S
4 M	4 W	4 S	4 M	4 T	4 S	4 M	4 T	4 S	4 T	4 T	4 S
5 T	5 T	5 S	5 T	5 F	5 M	5 T	5 F	5 S	5 W	5 F	5 M
6 W	6 F	6 M	6 W	6 S	6 T	6 W	6 S	6 M	6 T	6 S	6 T
7 T	7 S	7 T	7 T	7 S	7 W	7 T	7 S	7 T	7 F	7 S	7 W
8 F	8 S	8 W	8 F	8 M	8 T	8 F	8 M	8 W	8 S	8 M	8 T
9 S	9 M	9 T	9 S	9 T	9 F	9 S Sesshin	9 T	9 T	9 S	9 T	9 F
10 S	10 T	10 F	10 S	10 W	10 S Sesshin	10 S Dijon	10 W	10 F	10 M	10 W	10 S
11 M	11 W	11 S	11 M	11 T	11 S Barcelona	11 M	11 T	11 S	11 T	11 T	11 S
12 T	12 T	12 S	12 T	12 F	12 M	12 T	12 F	12 S	12 W	12 F	12 M
13 W	13 F	13 M	13 W	13 S	13 T	13 W	13 S Sesshin	13 M	13 T	13 S	13 T
14 T	14 S	14 T	14 T	14 S	14 W	14 T	14 S St. Céré	14 T	14 F	14 S	14 W
15 F	15 S	15 W	15 F	15 M	15 T	15 F	15 M	15 W	15 S	15 M	15 T
16 S	16 M	16 T	16 S	16 T	16 F	16 S	16 T	16 T	16 S	16 T	16 F
17 S	17 T	17 F	17 S	17 W	17 S	17 S	17 W	17 F	17 M	17 W	16 S
18 M	18 W	18 S	18 M	18 T	18 S	18 M	18 T	18 S	18 T	18 T	18 S
19 T	19 T	19 S	19 T	19 F	19 M	19 T	19 F	19 S	19 W	19 F	19 M
20 W	20 F	20 M	20 W	20 S	20 T	20 W	20 S	20 M	20 T	20 S	20 T
21 T	21 S	21 T	21 T	21 S	21 W	21 T	21 S	21 T	21 F	21 S	21 W
22 F	22 S	22 W	22 F	22 M	22 T	22 F	22 M	22 W	22 S	22 M	22 T
23 S	23 M	23 T	23 S	23 T	23 F	23 S	23 T	23 T	23 S	23 T	23 F
24 S	24 T	24 F	24 S	24 W	24 S	24 S	24 W	24 F	24 M	24 W	24 S
25 M	25 W	25 S Sesshin	25 M	25 T	25 S	25 M	25 T	25 S	25 T	25 T	25 S
26 T	26 T	26 S Amsterdam	26 T	26 F	26 M	26 T	26 F	26 S	26 W	26 F	26 M
27 W	27 F	27 M	27 W	27 S	27 T	27 W	27 S	27 M	27 T	27 S	27 T
28 T	28 S	28 T	28 T	28 S	28 T	28 W	28 T	28 S	28 T	28 F	28 W
29 F	29 S	29 W	29 F	29 M	29 T	29 F	29 M	29 W	29 S	29 M	29 T
30 S SESSHIN of SOUTH	30 M	30 T	30 S	30 T	30 T	30 S	30 T	30 T	30 S	30 T	30 F
	31 T		31 S	31 W	31 W	31 S		31 F		31 W	31 S

SUMMER CAMP IN YUJO NYUSANJI TEMPLE

1st session led by the monk Paul Dokuzan Loomans :17th – 25th July 5 days of preparation, 1 rest day, 2,5 days of sesshin
2nd session led by master Christophe Ryurin Desmur :27th July – 4th August 5 days of preparation, 1 rest day, 2,5 days of sesshin
3rd session led by master Ingrid Gyu Ji Igelnick :7th August – 16th August 5 days of preparation 1 rest day, 3,5 days of sesshin

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

Prices 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, special price under 26 years:				€200

SUMMER CAMP IN ARGENTINA

1st session led by the nun Seisho Dell'orsini :5th – 13th January
2nd session led by master Taigen Yamauchi :15th – 23rd January
3rd session led by master Dosei Labbate :26th January – 4th February

Info and prices: zen-deshimaru.com.ar

OTHER SESSHINS

Zen Temple Lyon

Sesshin from 27th and 28th January
led by master Christophe Ryurin Desmur
info: www.dojozen-lyon.fr

Dijon

Sesshin 9th and 10th March
led by master Ingrid Gyu Ji Igelnick
info: dojozendijon@gmail.com

Barcelona

Sesshin 2nd and 3rd December
led by master Pierre Soko Leroux

Sesshin 10th and 11th of February
led by master Françoise Jomon Julien

'ZEN y PLAYA'
23rd August – 1st September
led by master Pierre Soko Leroux

dojo@zen-barcelona.com

Amsterdam Gyo Kai

Sesshin 25th and 26th November
led by the monk Florian Hara Sho Richter

Sesshin 22nd and 23rd June
led by master Pierre Soko Leroux
info:info@zendojoamsterdam.nl

St. Céré

Sesshin 13th and 14th April
led by master Francoise Jomon Julien
info: 46.daochan@gmail.com
+33 (0)7 48168129

Chile

Zen y Pacifico
16th – 25th February
led by master Pierre Soko Leroux
Info: zenchile.cl

Mexico

Sesshin of Mexico
23rd – 31st March
led by master Pierre Soko Leroux
Contact: info@zenmexico.org

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 it's organisation and working. They must arrive one day before the start of the camp to assume their responsibility 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 made 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:

Master Kosen gives ordinations for Bodhisattva and monk at the end of the third session. Taking part in the ordenations 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 rythm of the intensive practice of the zen temples. This period generally involves four zazens 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 permits 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. in the middle of pure nature. Surrounded by woods and rivers, Yujo Nyusanji is an ideal place for the practice of zazen.

TEACHING THE DHARMA

Master Kosen is the 83rd patriarch of zen Buddhism and the sucesor of Master Taisen Deshimaru. In the dojo he gives his teaching, called kusen, and at certain times answers questions from the group. This is called a mondo. He is assisted in this mission by these certified masters of the Kosen sangha: Soko Leroux, Ryurin Desmur, Kosho Vuillemin, Jomon Julien, Gyu Ji Igelnick, Do Sei Labatte, Rei Kiku Femenías 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 manner of payment:
- By bank transfer
IBAN: FR76 4255 9000 3421 0268 5150 865
Code BIC/Swift: CCOPFRPPXXX
 - On arrival at the temple

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.

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 accesible by public transport is Lamalou-les-Bains. Busses 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 in Lamalou-les-Bains. Tel: +33 (0)6 08 77 12 96. www.taxiandre.fr. Reserve the day before.



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 in 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

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

Dojo de Maître Kosen
34, rue Bourrely
34000 Montpellier
France

www.zen-deshimaru.com

PLANNING
2023-2024

