

In Walkringen
With Eishuku Monika Leibundgut
21th to 23rd March 2025

ZEN DOJO
MURI CENTER
ZÜRICH

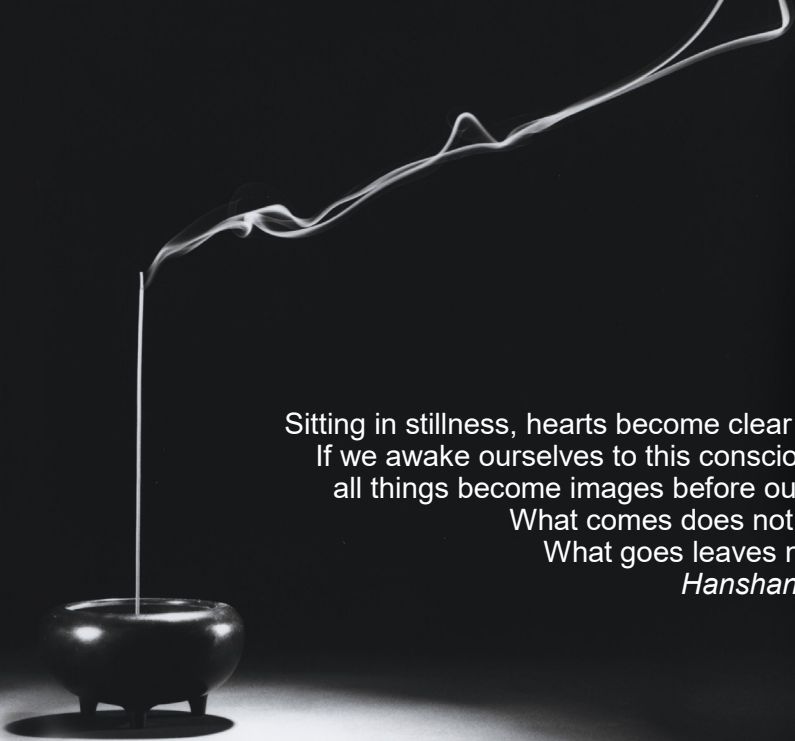


Sesshin '25

ZEN

ZEN

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Sitting in stillness, hearts become clear mirrors.
If we awake ourselves to this consciousness,
all things become images before our mirror:
What comes does not remain,
What goes leaves no trace.
Hanshan Deqing

Address:
Jugend- und Tagungsstätte Walkringen,
Auf dem Bühl 571, 3512 Walkringen

Directions:
Train/Postbus:
From Zurich change at Burgdorf. Then take the Regioexpress in the direction of Thun and get out at Walkringen.
From Bern take the S7 to Worb and from there take the bus to Walkringen.

From Walkringen take the bus going in the direction of Worb and get off in Wikartswil Dorf. From the Wikartswil Dorf bus stop walk approx. 800m up the hill.

From 8 p.m. onwards a pick-up service is available from Walkringen – if you need to use this service please inform the Dojo Zurich in advance.

By car:
Highway Bern-Thun (A6) take exit for Muri, from there continue towards Worb. From Worb follow the signs for Enggistein/Burgdorf. In Enggistein follow the signs for Wikartswil. In Wikartswil turn left for the Jugend - und Tagungsstätte.

Registration:
By email to info@zen.ch, by post to Zen Dojo Zürich, Rindermarkt 26, 8001 Zurich, or phone: 044 / 261 81 59.

Times:
Arrival: Thursday, 21th March from 5 p.m. until 11 p.m. at the latest. Dinner 7.30 p.m.
Departure: Sunday, 23th March after lunch, approx. 2.30 p.m.

Costs:
CHF 210.- (180.- €) for teaching, food and accommodation. Payable in advance to the Zen Dojo Zurich:
IBAN: CH62 0900 0000 8002 8152 5
Zen-Dojo Zürich
8001 Zürich

Please bring
Zafu (firm, round meditation cushion approx. 10 cm high) Can be bought at the sesshin in Walkringen), black kimono or dark com-fortable clothing, bowl with spoon and napkin (Oryoki), sleeping bag (bed linen can be rented).

You can find more information at:
www.zen.ch

Sesshin literally means “to touch the true mind”, to become intimately acquainted with oneself, with one’s own body and mind. It offers you the opportunity to practice zen, the way of the Buddha, the path to oneself. The main practice of zen is zazen, adopting the posture of the Buddha. You sit on a zafu (round cushion) with crossed legs, straight back, chin pulled in, the breath calm, deep without resistance, letting your thoughts and everything that appears pass by.

dition, it offers summer retreats (*ango*), *sesshin*, *mondo*, lectures, Zen activities and related topics. It issues publications of Zen texts. It is open to all those who are willing to practice the Zen way.

The Zen Dojo Zurich was founded in 1975 by Taisen Deshimaru, belongs to the Soto School and is affiliated with the AZI. As a zen temple it bears the name *Mu i jo*, „Castle of Non-Fear.“ The dojo offers daily zazen practice and dharma-teaching. In ad-

*As I stand on a rocky ridge, between pines and oaks,
spring has come, all shrouded in mist.*

Ryokan



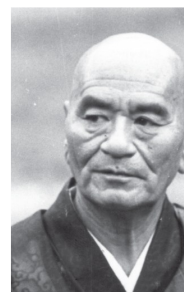
Eishuku Monika Leibundgut is a close disciple of Meiho Missen Michel Bovay, was his assistant for over 20 years and since his death leads the Zen Dojo Zurich with the

support of other disciples of Missen Michel Bovay. She was ordained as a nun in 1988. In May 2012 she received the Dharma transmission from Master Yuko Okamoto in Teishoji in Japan.



Missen Michel Bovay was a close disciple of Master Taisen Deshimaru and after his death became one of those charged with passing on Taisen De-

shimaru’s teachings. He received the Dharma transmission from Master Yuko Okamoto and led and supported the Zen Dojo Zurich up until his death in April 2009.



Master Taisen Deshimaru, founder of the Association Zen Internationale (AZI), is the Dharma successor of Master Kodo Sawaki (1880 - 1965). He came to Europe in 1967 in

order to teach the genuine tradition of Zen practice (zazen). In fifteen years he founded over one hundred dojos and zazen groups. Master Deshimaru died in 1982.



ZEN DOJO CENTER
MUIJOJI ZÜRICH