ZEN DOJO CENTER MUJOJI ZÜRICH

ZEN

Rohatsu '26

In Walkringen
With *Eishuku* Monika
Leibundgut
5th to 8th
December
2026

ZEN

Rohatsu '26

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

Adress:
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: Fr. 4th December from 17.00 until 22.00 at the latest. Dinner at 19.30
End: Tue 8th December after lunch together, c. 14.00.

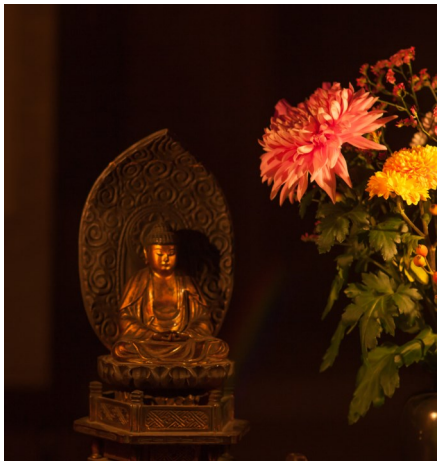
Costs:
CHF 280.- (230.- €) for teaching, food and accommodation.
Payable in advance to the Zen Dojo Zurich:
IBAN: CH62 0900 0000 8002 8152 5
Zen-Dojo Zürich
8001 Zürich

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

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

Rohatsu literally means "the eighth day of the twelfth month". On 8th December, the awakening of Shakyamuni Buddha is traditionally commemorated. On the morning of the eighth day of the twelfth month, Shakyamuni awoke and became Buddha when he saw the morning star after spending several weeks sitting in Zazen.
To celebrate this historic moment, Zen temples around the world hold the Rohatsu Sesshin every year.
At this intense Sesshin, there is little teaching or Samu. Everything is concentrated on Zazen. Everyone sits alone, connected in harmony with the others.

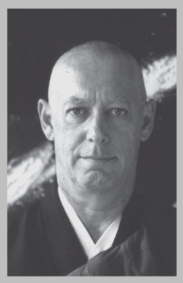
***Se-Shin*, Touching the Mind**
The Sesshin is open to everyone. For this Sesshin it is desirable to be present from beginning to end.
A Sesshin is an opportunity to practise the Buddha-Way in the Sangha and to become deeply familiar with oneself.



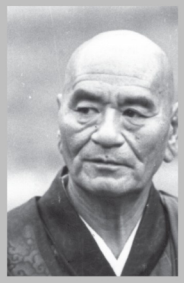
I shall not tell the gloomy world
to become pure.
I wash myself and gaze at the stream
flowing through the valley.

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 Deshimaru's teachings. He received the Dharma transmission from Master Yuko Okamoto and led and sup-ported 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.

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