

LONDON ZEN WEEKEND

with Zen Teacher

Mokuhō Guy Mercier

17-18 MARCH '18

Saturday:

Aubert Court Community Centre 8:30am - 6:30pm

Sunday:

Caledonian Road Zen Dojo 8:00am - 2:00pm
(limited spaces on Sunday - please book early)

www.zeninlondon.org

The London Zen Group is affiliated to the International Zen Association, founded by Master Taishen Deshimaru, and to IZAUK, Registered Charity Number 296285

Saturday: The full day - 8:30AM to 6:30PM.
Please arrive by 8:15AM.



**Aubert Court Community Centre,
Avenell Road, London N5 1BL**

Located at the back of a council estate, 5 minutes walk from the Arsenal Tube Station (Piccadilly line) and bus routes on Highbury Park (A1201). - No Parking
VERY LIMITED parking may be available at the nearby Sotheby Mews Centre (7 minute walk). If you NEED to bring a car, please book a spot well in advance.

Sunday: A half day - 8:00AM - 2:00PM.
Please arrive by 7:45AM.



**Caledonian Road Zen Dojo
486 Caledonian Road, N7 9RP**

Located on Caledonian Road 5 minutes walk north of Caledonian Road Station (see website for directions)
Breakfast will be after zazen, and some we will go for lunch at a nearby pub after for those who wish.
Due to space, registrations are limited on Sunday - Please register early with full payment

The Teacher

Guy Mokuhō Mercier began practising Zen in 1973 with Master Taisen Deshimaru. Having spent many years as tenzo and then responsible for the Gendronniere Zen Temple, he currently runs the Lanau Zen Centre near St.



Flour in France, is active in the International Zen Association spiritual council, and leads sesshins in the UK and Europe. He received Dharma Transmission from Sojun Matsuno Roshi in 2008.

Cost

Saturday: £30 (includes lunch)

Sunday: £20 (includes breakfast)

(discounts are available for those who have a financial need - Contact Lana)

Bring

Subdued-coloured, loose fitting clothing for zazen.

On SATURDAY, please bring a zafu (if you

have one)

On BOTH DAYS, please bring a bowl for lunch/breakfast, along with a spoon, a fork and a cloth to wrap your bowl in (such as a tea towel) - or oryoki if you have it.

Registration

Registration is required and early registration is appreciated

To register, please send a £20 deposit (or your complete payment) along with the form below to : Lana Berrington, 18 St. Augustines Road, Top Flat, London NW1 9RN.

* Cheques can be made out to "The London Zen Group"

* You can also register and pay online at www.zeninlondon.org

Questions? Contact Lana on 07946 441 884 / lane@berrington.ca

Full Name: Attending: Saturday Sunday Both

Phone Number: Email:

Do you practise with an affiliated group? Yes No

Tick here if you are new to us and would like, or need an introduction.

Will you need us to provide you with a zafu? Yes No

Anything else we need to know?

****Please inform us in advance if your plans to attend change there may be a waiting list ****