

September 2018 – Sesshin at Bosarp in Southern Sweden with Shohaku Okumura roshi

Okumura roshi will give four teishos (teachings) during the sesshin. The topic of the teachings will be the fundamental texts of Soto-Zen, which he has commented on in the book *Living by vow*. There will be time for questions and answers.

When: September 14-16th 2018

Arrival: September 13th in the evening

Where: Bosarp Läger- och Kursgård, Sjörupsvägen,
Linderöd, Sweden (you can find it on Google map)



How to get there:

Ryan Air, Wizz Air, Norwegian to Malmö City Airport (1 hr drive to the sesshin)
Most major and low price airlines (64 airlines) to Copenhagen Airport. Train to Lund, then 45 minutes drive to the sesshin.

Bosarpsgården, where the sesshin will take place, is located ca 60 km from the city of Lund in Southern Sweden. A regional bus line, Skåneexpressen no 1 stops at Linderöd, a village close to the E22 route, 8 km from Bosarpsgården.

Let us know when you arrive well ahead, and we'll arrange for someone to pick you up at Linderöd or at the train station in Lund (or other nearby locations, accessible w/ public transportation).

The price for the sesshin will depend on the number of participants and your choice of accommodation. We are very obliged if you can confirm your participation as early as possible. Your confirmation will make it possible for us to communicate the final price at an early date. We will ask you to confirm your reservation by a deposit to Lunds Zendojo's Plusgiro account in June 2018. You'll be notified by e-mail.

Price idea (+ fuse to the teacher, which is not included in this price):

Single accommodation in 4-bed bedroom: 3900 - 4400 Swedish crowns

2 persons in 4-bed bedroom: 2900 - 3400 Swedish crowns

3-4 persons in 4-/6-bed bedroom: 2700 - 3350 Swedish crowns

If you are a student, unemployed, or travel from abroad, we might be able to adjust your fee a little. You may also apply to help out with samu during the sesshin.

Contact and information:

Lunds Zendojo, (+46) (0)732 -52 30 82 (from June 1st) or (+46) (0)737-289944,
lundszendojo@hotmail.com

Please turn for preliminary schedule.

Preliminary schedule Bosarp September 2018

Thursday 13th

16:00 and onwards: Arrival
18:15 Oryoki Instruction (if needed)
19:00 Supper / samu
19:40 Orientation in the dojo
20:20 -21:00 Zazen
21:30 End of Day

Friday – Saturday 14th-15th

04:50 Wakeup
05:20 Zazen
06:00 Kinhin
06:10 Zazen + Takkesa Ge (kesa sutra)
06:50 Genmai
07:30 Soji (cleaning) or samu (cutting vegetables, doing dishes)
08:00 Coffee/ Break
08:50 Dharma talk
10:20 Brief question & answer concerning talk
10:40 Break
11:00 Zazen
11:40 Kinhin
11:50 Zazen
12:20 Lunch/ Break
13:00 Samu / Study period
14:30 Dharma talk + short question & answer (Friday)
Question & answer (Saturday)
16:00 Break
16:30 Zazen
17:10 Kinhin
17:20 Zazen
18:00 Supper/ Break
19:20 Zazen
20:00 Kinhin
20:10 Zazen
09:20 End of Day

Sunday 16th

04:50 Wakeup
05:20 Zazen
06:00 Kinhin
06:10 Zazen
06:50 Genmai
07:30 Soji (cleaning) / Samu (vegetable cutting)
08:00 Break /coffee
09:00 Dharma talk
10:30 Discussion
11:00 Zazen
11:20 Ceremony (Hannya Shingyo or Daishin Darani, Gojushichi Butsu)
11:40 Cleaning
12:40 Apéritif
13:00 Lunch/clean up (everyone)

End of Retreat