



HINOTORI AN

Kinkelstrasse 10

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UPDATE

20.09.2024

RYOSOKI

29.09.2024

06:00 – 21:00

The death anniversary of Dogen Zenji (August 28, 1253), the founder of Japanese Soto Zen, and Keizan Zenji (August 15, 1325), the main propagator of Soto Zen, is celebrated in all Soto Zen temples and centers on the same day (September 29).

Hinotori An also honors these great masters by expressing gratitude through practice that focuses on the essential spirit and principles of Soto Zen. As with any other event, emphasis is placed on intensive zazen practice, kinhin, and the cultivation of silence.

This is the whole day event and part-time participation is not possible. Leaving early is not recommended, but it is allowed and, to prevent disturbing other people's practice, it is only performed during Kinhin, in complete silence.

The practice is led by Doka Sensei.

If you are new to Hinotori An practice, please read the requirements carefully.

REQUIREMENTS:

- Registration - no entry without prior registration
- Punctuality - arrive 10 - 15' before the start of the practice to prepare in peace; the door is locked 5' before the start of the Sesshin and late practitioners cannot enter
- Skillful communication – silence at all times, no idle talk, posing questions only during Mondo, or after Sesshin
- Clean socks - prepare clean socks for the Zendo; it is not allowed to walk on the tatami with bare feet, in shoes or with dirty socks (unlike the usual Zendo where one practices barefoot, the Zendo in Hinotori An follows the rules of the Chado room to protect the tatami floor)
- Attire - to ensure painless sitting and preserve the atmosphere of a temple, attire should be loose-fitting (no jeans, or leather pants), in calm colors (preferable dark); not visually distracting (no short skirts, shorts, bermuda and tank tops - regardless of gender); watches and jingling jewelry must be removed; strong smells must be avoided.
- Mobile phones - need to be turned off completely or set on Airplane Mode (Silent Mode is also not allowed)

MISCELLANEOUS:

- Languages - verbal communication in Swiss, German or English. If necessary, instructions can be given also in Serbian or Slovenian.
- Approach - Hinotori An is a small urban Zen hermitage that cultivates simplicity, silence, discipline and serious practice.
- Preparation - although guidance is always given when needed, students are advised to read the Retreat and Zendo Guidelines (add links) before entering this practice.
- Dana - please, be reminded that Buddhist monks do not receive a salary and can provide practice and support to practitioners and the public only thanks to your donations (fuse). Therefore, the suggested amount for donation is always calculated so that certain part of the costs would be covered. However, support is offered for students who practice regularly and are serious about their practice on the path to self-realization. Also, Sensei's personal students who have already understood the essence of Dana practice are not bound by the suggested donation amount, and can decide freely how much they want and can contribute.

Further questions and queries can be submitted to Hinotori An office before the event (hinotori.zendo@gmail.com). Questions regarding personal matter will be forwarded directly to sensei.

SCHEDULE:

Sun 06:00 – 21:00

Participants: max 4

Duration: 15 hours

Teaching tuition: 60 CHF/ 55 CHF/ 50 CHF/ -- CHF



Contact:

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