



HINOTORI AN

*Kinkelstrasse 10*

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## HALF DAY SESSHIN

This half-day Sesshin offers students the opportunity to spend a morning in silence, immersed in Zen practice. The practice consists of sessions of sitting meditation (Zazen) and meditative walking (Kinhin) in between. At the end of the Sesshin, a special period is reserved for the Mondo, during which the students can ask any kind of questions (problems arising during practice, impressions gained, methods of sitting or walking, etc.). The silence is broken only by the sound of Keisu 磬子 (bowl gong), Inkin 引磬 (hand gong), Rei 鈴 (small bell) and Taku 柝 (wooden tongs) that mark periods of meditation, kinhin and mondo.

The sounds of these instruments serve as signals that direct students to move from one practice period to another. Verbal communication is done only during times designated for instructions or questions. Hence even if something is not clear one can address it only during Mondo. Communication takes place in English, German, Swiss and, if necessary, Serbian or Slovenian.

The practice is led by Doka Sensei.

For those who would like to participate in this short sesshin and have not practiced at Hinotori An before, it is recommended to contact sensei in advance for further instructions.

### 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)

Schedule: Sun 06:00 – 11:00

Participants: max 4

Duration: 5 hours

Teaching tuition: 50 CHF / 45 CHF / 40 CHF



Contact:

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