

# Sesshin at Holland House



The Wild Goose Zen Sangha

Friday 9<sup>th</sup> February 2018 to Sunday 11<sup>th</sup> February 2018

Arrival and Registration from 4pm on 9<sup>th</sup> February. Departure following lunch on 11<sup>th</sup> February

At Holland House Main Street Cropthorne Worcestershire WR10 3NB

Price £190 for all meals, accommodation and teaching

This is a silent retreat for those who would like to deepen or simply get to know Zen. It is a chance to take each moment as an opportunity to open to life itself and to appreciate our lives, in silence and stillness.

The day will be led by Christopher Ryushin Collingwood Sensei and the theme for the day will be XXXXXXXXXXXXXXXX. Sensei will be presenting a Teisho and will be available to offer Dokusan to all who are his students.

Experienced Sitters and beginners are welcome. If you are a beginner please indicate this on the booking form below.

All accommodation, meals and refreshments are included. The Sesshin will run as usual with registration from 4:00 pm on 9<sup>th</sup> February, supper at 6:30 pm and the first period of zazen beginning at 8:00 pm.

To attend the Sesshin please return the slip below plus a cheque for £190.00 as soon as possible by hand or via post to Karen Spencer at The Vicarage, Main Street, Cropthorne, Worcestershire WR10 3NB. All meals will be vegetarian, please also advise me of any dietary requirements I can then book accommodation and meals accordingly.

There will be an opportunity to make a donation (Dana) and sign a card for Ryushin Sensei on the day

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## BOOKING DETAILS

### Holland House Sesshin

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Name .....Email.....

Dietary Requirements .....