

Sesshin: Earth & Sky retreat.

Arrival and Registration from 4pm on 12th October. Departure Friday 16th midday.

At Micklepage, Nuthurst, Horsham, West Sussex RH13 6RG,

This retreat, suitable for beginners or experienced sitters, is led by Dheeresh Shinkai Sensei, a teacher in the Stonewater Zen Lineage. Let us experience who we really are, once we stop thinking about it, and embody it instead. There will be lots of zazen (sitting zen meditation), services, Dharma talks and daisan (1:1 interviews) with Sensei. In addition there will be Big Mind sessions and (weather and Sensei's health permitting) optional chi gong sessions. We also do samu (work period). Participants are encouraged to attend everything.

Wear dark, loose, comfortable clothing. Robes if you have them.

The accommodation is in dormitories; a bed, light blanket and pillow are provided. Please bring own pillowcase, sheets (or sleeping bag) and towel. You may want to bring an extra blanket. Meditation cushions and mats are provided; it's fine to sit on a chair if you need to.

Micklepage barn is what it says – a converted barn, rustic but nice. There is a garden and countryside nearby for walking. We will set up on Monday afternoon and go into noble silence after supper, and stay in silence until the end. All meals will be vegetarian, please also advise of any dietary requirements so we can get in suitable ingredients (we will be making our own meals collectively).

Cost: £150 for the whole sesshin, or £50 per full day, or £30 per half day (i.e. Friday morning) including all meals, accommodation and teaching. If there is a shortage of places, people taking the whole sesshin will get preference. Pay deposit £100, balance on arrival. Please email Dheeresh Shinkai dervish.terminal@gmail.com for any further queries and how to pay deposit. Thank you!

There will be an opportunity to make a donation (Dana) and sign a card for Shinkai during the Sesshin who otherwise receives no payment for this Sesshin.

We look forward to greeting you at Micklepage in October.