

The teacher

Beppe Mokuza Signoritti is a Zen monk belonging to the Soto Zen Buddhism tradition, disciple of master Roland Yuno Rech. For 35 years he has been dedicating himself to Sumi-e and Zen meditation, combining the two practices in a unique way and giving workshops throughout Europe. He is the spiritual guide of Zen Temple Gyogenji (Italy) and Dōji Zengroep, located in Haarlem.

Not for profit project

All proceeds from this workshop will be donated towards the construction of the international Zen Temple Gyogenji located in Costigliole d'Asti in Northern Italy. This temple will be used to host retreats and share the practice of Zen Buddhism and Sumi-e. Check the website: www.zentemple.it

International Sumi-e School

Beppe Mokuza founded in 2019 the International Sumi-e School based in France. Over 4 years, students gain a deep understanding of the method and master the Four Gentlemen - bamboo, orchid, plum tree and chrysanthemum. At the end of the course, students receive a professional diploma and can start teaching Sumi-e. www.ecole.sumi-e.fr

Contact us

Sonja +31 (0)622391136 sonja@sumi-e.nl

Natuurvriendenhuis Allardsoog (Nivon) Jarich van der Wielenweg 42 9343TC Een-West The Netherlands

In the outer world

take Creation as a model,

in the inner world

follow the source of your soul



www.sumi-e.nl

Sumi-e

Sumi means black ink, e means painting. This method of painting was introduced to Japan by Zen monks about eight centuries ago. It is an expressive art style in which reality is reduced to it's pure, essential form. Students work in harmony, to refine their sensitivity and creativity, in a calm and silent atmosphere. Sumi-e is not about competing for a result, but rather about patient and benevolent work towards oneself.

The workshop is open to beginners and more experienced people as well.

Za means to sit, Zen means meditation, truth. Zazen reveals the pure and original spirit that exists in each of us, which is often obscured by our thoughts and emotions.

It helps us to find a deep and natural connection in what unites us to other living beings.

Please note that meditation is not mandatory.

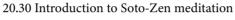
If you would like to join us for meditation, but not for painting, please get in touch.



Program

Tuesday 3th of February

15.00 - 18.00 Arrival and registration 18.30 Welcome and start of the workshop 19.00 Dinner



Wednesday 4th - Saturday 7th of February

7 am Zazen and ceremony 8.30 Traditional zen breakfast

9 Coffee and tea

9.45 Samu

10.30 Sumi-e

12.45 Lunch

3 pm Sumi-e

6 pm Zazen

7.30 pm Dinner

Sunday 8th of February

7 am Zazen and ceremony

8.30 Traditional zen breakfast

9 Coffee and tea

9.45 Samu

10.30 Sumi-e

12.00 Packing belongings and tidying up

1 pm Festive lunch

3 pm End of workshop

The above-mentioned schedule may be subject to changes.

During breakfast and lunch, which take place in silence, we chant some sutras from the Zen tradition.

N.B: during the workshop, students have the opportunity and the choice to contribute to community life by performing simple daily tasks (samu in Japanese) such as cutting vegetables, weeding the garden, cleaning, etc.



Participation fee

Registration fee: (as a reimbursement of expenses)

- two person room € 720

Included in the fee:

- sleeping accommodation
- organic meals (breakfast, lunch, tea breaks, dinner)
- painting materials (training paper, rice paper, ink and three different brushes).

Cancellation policy

If you cannot attend the workshop, 85% of the amount will be refunded. Your entire fee becomes non-refundable 20 days before the start of the event.

Please make your reservation as soon as possible, places are limited.

