

## Bring

- zafu and if possible zafuton
- comfortable dark-coloured clothes
- bowl, napkin, spoon, fork and your water bottle
- indoor shoes
- Please note: personal sleeping bag essential for dormitory accommodation
- Possibility to rent bedding on the spot (price 7 €)



On the day of arrival,  
if necessary call  
Blanche Heugel  
(French and English)  
**+33 6 75 20 86 06**  
Astrid Knoll  
(German and English)  
**+49 176 71 21 58 08**

## The location

### **Kloster Ommerborn, Ommerborn 4, 51688 Wipperfürth, Germany**

The monastery of Ommerborn is located in the south-east of Cologne. The nearest cities are Lindlar and Wipperfürth.

## How to get there

### **By train:**

From Cologne main station there are regional trains every hour. The destination station is ENGELSKIRCHEN. There are shuttles from Engelskirchen to Ommerborn.

Please let us know your arrival time.

### **By car:**

GPS - 51°02'57.7 » N 7°20'08.0 » E - (51.049366, 7.335546)

On the A4 motorway take exit no. 21 Untereschbach, LINDLAR. Follow Lindlar for about 15 minutes. In Lindlar, turn left at the first traffic lights (before passing a petrol station), after a roundabout you leave Lindlar and at the end of the road you turn right direction WIPPERFÜRTH, then after 200m turn left direction OMMERBORN. After the 3rd village, when you see 3 white crosses on a hill on your left take the first road left.

### **By plane:**

Airport: Cologne-Bonn (CGN) or Düsseldorf (DUS). We will organize a shuttle bus.

Please let us know your arrival time before April 15<sup>th</sup>.

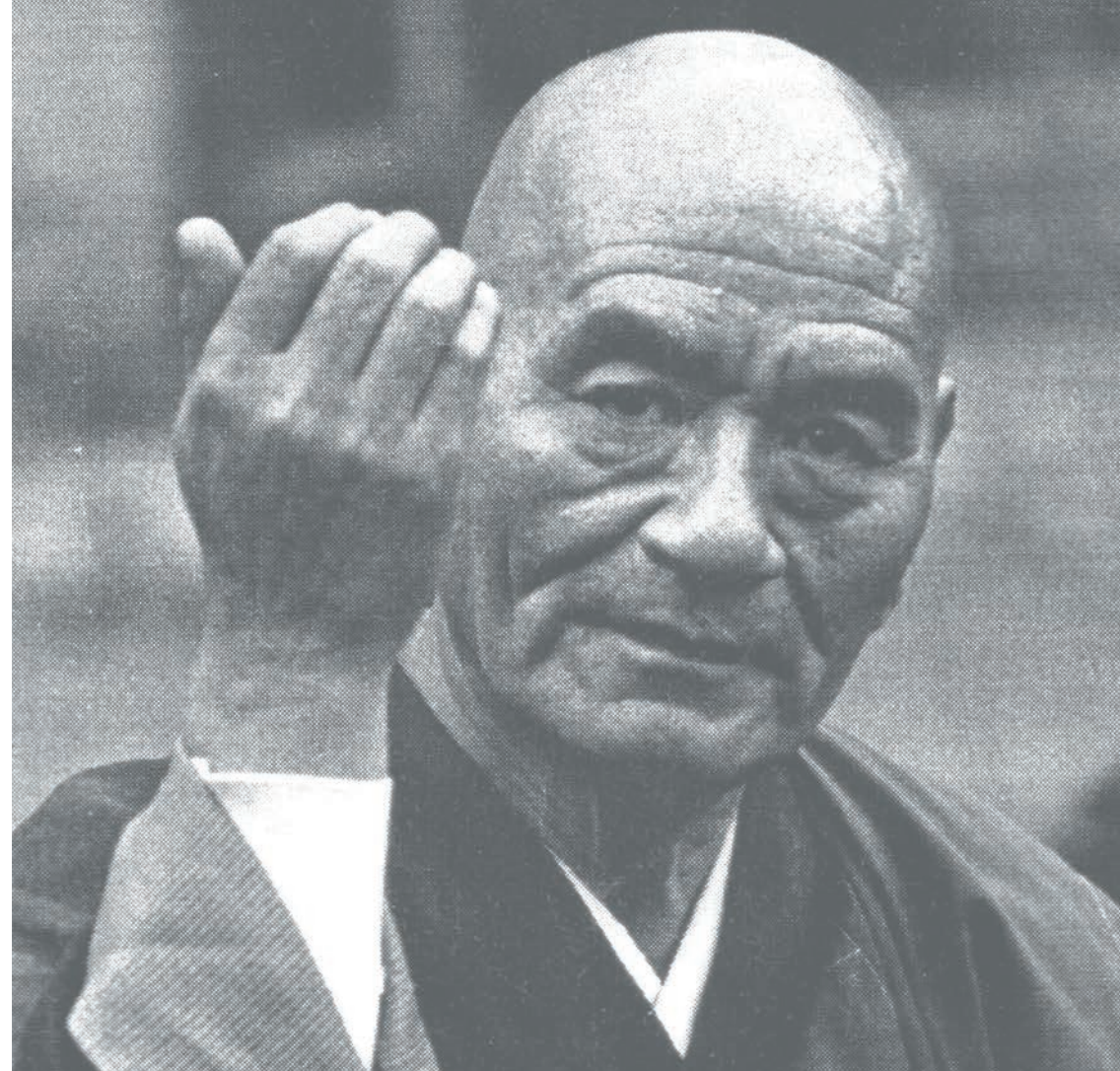
Organized by **Sangha Sans Demeure**, [zen-road.org](http://zen-road.org)

With the participation of the network sanghas Zen Simply Sitting Network:

**Kosen Sangha**, [zen-deshimaru.com](http://zen-deshimaru.com) | **Mokusho Zen House**, [mokushozen.hu](http://mokushozen.hu) |

**Sangha Sans Demeure**, [zen-road.org](http://zen-road.org) | **Asociación Zen Taisen Deshimaru**, [zenkan.com](http://zenkan.com)

**Irish Zen Group**, [zenireland.com](http://zenireland.com) | **Ryukai Sangha**, [zen-deshimaru.ch](http://zen-deshimaru.ch)



# Mokudō Sesshin

by Zen Simply Sitting

## Ommerborn,

near Cologne (Germany)

# April 30<sup>th</sup> – May 3<sup>rd</sup>, 2020

Arrival April 29<sup>th</sup> around 5 pm





# Mokudō Sesshin

## by Zen Simple Assise

*Sesshin* (jap.) means “to touch the spirit.” The days are punctuated by four zazen sessions, meals and collective work.

Zen Simple Assise —a network of Zen practitioners, active in several European countries.

### Practice Meeting Exchanges

Direct disciples of Mokudō Taisen Deshimaru, the masters of the Simply Sitting Zen network, invite their own disciples to meet on the occasion of the Mokudō Sesshin. The values that unite these sanghas are tradition and autonomy\*.

For this year 2020, it is the German sangha that organizes the meeting, near Cologne. The sesshin will be led every day by a godo of one of the sanghas.

\*See the web page [zensimplysitting.org/presentation](https://zensimplysitting.org/presentation)

### The godōs (teachers)

**Ingrid Igelnick** met Zen and Master Deshimaru in 1978. She was ordained a nun in 1984 by Master Stéphane Kosen, who received the transmission, the Shiho, in 2015 under the name of Master Gyu Ji. At the same time, Ingrid trained in shiatsu (Zen massage) and created Soi-Zen, a workshop for making kimono and kolomo. She has been practicing alongside her Master since 1992 and assists him in his mission, has been leading sesshins for several years and teaches kesa sewing.

Since 2017, she has been living at the Yujo Nyusanji temple of the Kosen Sangha, located in the Haut-Languedoc, of which she is in charge.  
[zen-deshimaru.com](https://zen-deshimaru.com)

**Master Toryu** is one of the first disciples of master Yvon Myoken Bec, following and practicing with him since his arrival in Budapest in 1990. He received bodhisatva ordination in 1993 and became a monk in 1997. In 2016 he received Dharma transmission from master Myoken. He is now leading two dojos and also directs sesshins in Hungary.  
[mokushozen.hu](https://mokushozen.hu)

**Thomas Ko Gen Michatsch**, has been practicing zazen since the mid-1990s and was ordained a monk by Philippe Coupey in 2003. He follows the tradition of Master Deshimaru as transmitted by Philippe. Since 2004, he has been co-responsible for the direction of Zazen at the Berlin Dojo and actively participates in the life of the Sangha Sans Demeure. In addition to zazen days, he directed the first session of Ango 2018.  
[zen-road.org](https://zen-road.org)

Zen monk and disciple of Barbara Kosen, **André Chappatte** has begun zazen in 2000 and became a monk in 2013. His background in anthropology has taken him to live in Geneva, Vancouver, London and Berlin. André has thus practiced zazen in many different dojos while following the teachings of Barbara Kosen.  
[zenkan.com](https://zenkan.com)



Left to right:  
Ingrid Igelnick,  
Kalman Toryu,  
Thomas Michatsch,  
André Chappatte.

### Dates

**Arrival:** Wednesday, April 29<sup>th</sup> around 5 pm.

**Departure:** Sunday, May 3<sup>rd</sup> at about 3 pm after the cleaning service.

### Registration

- Online: [zensimplysitting.org/mokudo-sesshin/](https://zensimplysitting.org/mokudo-sesshin/)
- E-mail: [blanche.heugel@gmail.com](mailto:blanche.heugel@gmail.com)
- Mail: Palais du peuple, Seine Zen,  
Blanche Heugel  
29 rue des Cordelières, F-75013 Paris

Please register **before April 20<sup>th</sup>**, otherwise a 30€ surcharge will be applied.

**For cancellations** after April 20<sup>th</sup>, we ask for a compensation of 30€.

### Rates

Dormitory (limited places)	140 €
Room 4	180 €
Double room	235 €
Single room	290 €

### Reduced rate

Money should never be a reason not to participate in sesshins!

In case of financial difficulties, please let us know at the time of registration.

### Payment

#### By bank transfer

Association Zen Sans Demeure  
Crédit Agricole Atlantique Vendée –  
Nantes LADMirault  
IBAN: FR76 1470 6000 4173 9678 0484 030  
Code BIC: AGRIFRPP847  
Wording “Mokudo sesshin 2020”



The use of **mobile phones** is to be avoided during the sesshin. Please make your arrangements accordingly.