

## Godo



After studying the macrobiotic, Patrick Unsho Ricaud fully met the practice of Zen in 1979 with Master Deshimaru at the Pernety dojo. Until today he continues zazen with the great sangha and more particularly with Philippe Reiryu Coupey and his disciples.

## Schedule

Arrivée le samedi 1er août, dîner vers 20h

» Préparation : 4 jours, fête en soirée

» 5ème jour libre : repos/picnic, début de sesshin à partir du dîner vers 20h

» Sesshin : 2 jours + 1 matinée

Départ le dimanche 9 août après le samu vers 16h

## Registration

Preferably register via the online form:

[zensimplysitting.org/summercamp](https://zensimplysitting.org/summercamp)

If necessary, contact Blanche by email: [blanche.heugel@gmail.com](mailto:blanche.heugel@gmail.com)

## Tariff

Single price of 360€ whether you are two or alone in your room. Financial difficulties should absolutely not keep you from practicing. The travel fund can help you reimburse part of your travel expenses or even more. Contact Noëlle [ebelnoelle@gmail.com](mailto:ebelnoelle@gmail.com); moreover, godo can grant you a different rate depending on your situation.

## Location

MFR (Maison Familiale Rurale) Domaine de la Saulsaie  
La Saulsaie  
01120 MONTLUEL

## Ango 2020

Session from 2 to 9 August  
led by the Zen monk  
Patrick Ricaud  
near Lyon (France)



Zen Simply Sitting Network - Association Zen Internationale

## ANGO Living in tranquility

Practicing together in summer is a tradition that dates back to the time of Shakyamuni Buddha. This session will include traditional ango activities: zazen, samu, meals, sewing the kesa, and other proposed activities: massages, tai chi...

For beginners, a specific welcome will be provided, please let us know when you register.

Our organization is self-managed; it is based on the contribution of all. We will propose to former practitioners to assume certain responsibilities during the session or even before for the installation.

If you wish to come with your child(ren), please let us know when you register so that we can make sure that you will be able to take care of them properly without disturbing the practice.

Any request for departure or arrival outside of the scheduled days, as well as any other exception, must be sent in advance to godo for approval via Blanche (blanche.heugel@gmail.com).

The use of mobile phones is to be avoided during ango. Please make your arrangements accordingly. Thank you for your understanding.

## Bring

» Zafu, zafuton or blanket (dojo floor: tiles and carpet), comfortable and dark clothing for zazen practice; appropriate clothing for samu (common work for the community); shoes for indoors and for walking.

» Sheets or sleeping bag: there will be the possibility of renting bedding on site (sheet, duvet cover and pillowcase). One bolster and one blanket per bed are provided.

» Disposable and/or washable masks and hydroalcoholic gel in sufficient quantity. Places and walking circuits will be arranged in order to guarantee the required social distancing.

» It is not necessary to bring your bowl and oryoki; due to the covid, we will do the dishes.

## Transport Information

### Train :

Nearest SNCF train station : St-André-de-Corcy, served from Lyon Part-Dieu by TER dir. Bourg-en-Bresse.

### Shuttles Airport/Train:

We will organize shuttles as well as possible, it is essential for us to know your arrival time early enough; the person in charge of this service is Michael (michael.courcy@gmail.com).

### Plane:

Lyon St-Exupéry airport

### Car:

» From Paris, A6 dir. Lyon. After Villefranche, A46 dir. Marseille, then exit 3 Villars les Dombes. Take the D1083 towards Bourg-en-Bresse. At St-André de Corcy, D4 towards Meximieux, then right on D2A, road to Montluel. After 5km, La Saulsaie.

» From the South, A46, then same itinerary.

» From Geneva, A42, exit 6 Balan/Dagneux, towards Montluel. At Montluel, D2A towards Jailleux. After 6 km, La Saulsaie.

