

STILLNESS AT SAMHAIN SESSHIN

Non-residential retreat
to be held at Earth+Sky
Zen Dublin Dojo, on the
Hallowe'en bank holiday
weekend. All are
welcome.

FRIDAY
OCTOBER
25TH
UNTIL
MONDAY
OCTOBER
28TH



Earth+Sky Zen Dublin Dojo
zen.in.ireland@gmail.com

The weekend will include
chanting, dharma talks,
Tai chi / Qi Gong exercises, Daisan (one to
one interviews)
Samu (work) as well as zazen and kinhin. -.

Organic vegetarian breakfast
lunch & supper will be prepared each day
by the community.

Please let us know in advance if you would
like to join.

zen.in.ireland@gmail.com



**Registration closing
Oct. 19th.**

**Cost: Full sesshin: €120,
daily cost: €50**

Email to register