



Jeff Shore, born in Philadelphia in 1953, has lived in Japan since 1981 and is Professor emeritus of Zen in the Modern World at Hanazono University, Kyoto. As the Dharma heir of Zen Master Keidô Fukushima (Zenkei Shibayama's successor and Head Abbot of Tôfuku-ji Monastery in Kyoto), under whom he completed the Rin-zai School koan training, he regularly leads Zen-Retreats, primarily in Europe and North America. Jeff Shore is a husband and a father. He is a book author. *Being Without Self - Zen for The Modern World*, Asoka 2008
More info: www.beingwithoutself.org



The seminar hotel **Seidenbuch** is in a beautiful rural setting of the picturesque Odenwald. Approx. 18 km from Bensheim and approx. 60 km from Frankfurt, Heidelberg and Mannheim, it is easy to reach by car and public transport. Sufficient parking spaces are available. For more information: www.seminarhotel-seidenbuch.de



ZEN-Retreat with Jeff Shore

from 02. to 5. March 2023 at

Seminarhotel Seiden- buch

in Lindenfels/Odenwald





The quiet and powerful atmosphere of the place will support our retreat.



Content:

Zen-Retreat is a time of intensive practice in silence.

Sitting meditations (25 minutes each) are interspersed with walking meditation (including outdoors), body work, supportive talks by Jeff Shore, and opportunities to meet with him personally.

Jeff Shore strives to speak simple English that is usually well understood.

Videos are available for preparation, for example Giving All of Yourself (youtube).

Meditation experience is assumed, if in doubt please ask.

Date:

02 - 05 March 2023

Start on 02.03.2023 at 18:00,

End on 05.03.2023 at 14:00.

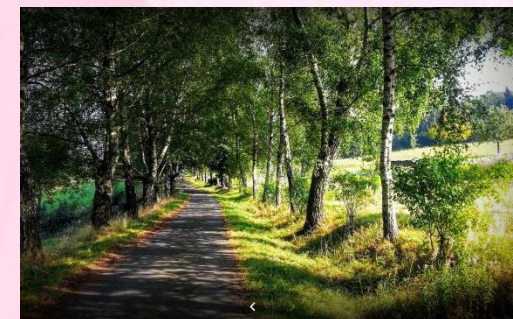
Fee:

EUR 50 (house costs), plus Dana for the teacher, plus Accommodation/meals (single rooms are limited).

Questions and registration:

Monika Luxenburger:

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The goal is to be present in life with the deepest being, to open the heart, to serve the world without intention and with compassion and to lovingly accept what is.



