



# LONDON ZEN WEEKEND

WITH ZEN TEACHER  
MOKUHO GUY MERCIER  
8-9 MARCH '14

Saturday:

Aubert Court Community Centre 9am-6:30pm

Sunday:

North London Buddhist Centre 9:30am - 2pm  
(not affiliated)

[WWW.ZENINLONDON.ORG](http://WWW.ZENINLONDON.ORG)

The London Zen Group is affiliated to the International Zen Association founded by Master Taisen Deshimaru, and to IZAUK, Registered Charity Number 296285

# The Weekend

## Two locations, but one weekend - why not attend both?

**Saturday:** The full day - zazen will begin at 9:00AM and the day will be finished at 6:30PM. Please arrive by 8:45AM.

**Sunday:** A half day - zazen will begin at 9:30AM and the day will be finished at 2:00PM. Please arrive by 9:15AM.

We will have lunch at a nearby restaurant afterwards for those who wish to join us.

### Locations

**Saturday: Aubert Court Community Centre, Avenell Road, London N5 1BL**

Located at the back of a council estate off Avenell Road, 5 minutes walk from the Arsenal Tube Station (Piccadilly line). Several local bus routes on Highbury Park (A1201).

VERY LIMITED PARKING at the nearby Sotheby Mews Centre (7 minute walk) due to Arsenal match day. Please first contact Lana if you wish to bring a car.

**Sunday: Yoga Studio, North London Buddhist Centre, 72 Holloway Road, London N7 8JG** (near corner with Fieldway Crescent)

Located on Holloway Road between the Holloway Road Tube Station (Piccadilly line) and the Highbury & Islington Tube Station (Victoria Line). On Street parking available on adjoining streets.

\*note: the London Zen Group is not affiliated to the North London Buddhist Centre

### Registration

**Please register to attend as lunch and equipment must be planned.**

To register, please send a £5 deposit (or your complete payment) along with the form below to : Lana Berrington, 18 St. Augustines Road, Top Flat, London NW1 9RN.

\* Cheques can be made out to "The London Zen Group"

\* You can also register and pay online at [www.zeninlondon.org](http://www.zeninlondon.org)

Questions? Contact Lana on 020 7993 9012 / 07946 441 884 / [лана@berrington.ca](mailto:лана@berrington.ca)

### Cost

**Saturday: £25** (includes lunch)

**Sunday: £10 Both Days: £35**

(discounts are available for those who have a financial need - Contact Lana)

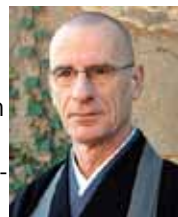
### Bring

On both days, please bring a zafu if you have one and dark coloured, loose fitting clothing for zazen.

On SATURDAY, please also bring a bowl (such as a cereal bowl) for lunch, along with a spoon, a fork and a cloth to wrap your bowl in (such as a tea towel).

### The Teacher

Guy Mokuho Mercier began practising Zen in 1973 with Master Taisen Deshimaru. Having spent many years as tenzo and then responsible for the Gendronniere Zen Temple, he currently runs the Lanau Zen Centre near St. Flour in France, is active in the International Zen Association spiritual council, and leads sesshins in the UK and Europe. He received Dharma Transmission from Sojun Matsuno Roshi in 2008.



Full Name:  Attending: Saturday Sunday Both

Phone Number:  Email:

Do you practise with an affiliated group? Yes No

Tick here if this is your first time practising with us.

**\*\*Please inform us in advance if your plans to attend change in case there's a waiting list**