

**Saturday:** The full day - 8:30AM to 6:30PM.  
Please arrive by 8:15AM.



**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). Please first contact Lana if you wish to bring a car.

**Sunday:** A half day - 8:00AM - 2:00PM.  
Please arrive by 7:45AM.



**Caledonian Road Zen Dojo  
486 Caledonian Road, N7 9RP**

Located on Caledonian Road 5 minutes walk north of Caledonian Road Station (Piccadilly line), on street parking nearby and good bus connections.

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

Due to space considerations, registrations are limited on Sunday - Please register early with full payment

## Registration

Registration is required to attend as lunch and equipment must be planned.

To register, please send a £15 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 07946 441 884 / [lane@berrington.ca](mailto:lane@berrington.ca)

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.

Do you need to borrow a Zafu? Yes No

Anything else we need to know?

**\*\*Please inform us in advance if your plans to attend change there may be a waiting list**

## 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.

## Cost

**Saturday: £30** (includes lunch)

**Sunday: £15**

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

## Bring

Please wear dark coloured, loose fitting clothing for zazen.

On SATURDAY, please bring a zafu (if you have one) and 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).