



Autumn Sesshin

Zen Meditation Practice Retreat

Led by Zen Teacher Hōsei Lana Berrington

November 5 - 8, 2026

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Zen Meditation Practice Retreat

This is two-and-a-half-day intense retreat of silent seated meditation in the Soto-Zen style - zazen - with teachings, ceremonies, formal meals and periods of collective work - samu. This event is open to everyone, but those without prior zazen experience are encouraged to join one of IZAUk's affiliate groups at one of their regular practice introductions.

Those who can are encouraged to stay an additional night at the Youth Hostel to help with the post sesshin cleanup samu on the Sunday afternoon and join in a festive evening. More details are available on the registration website at www.izauk.org/events.

PRICES

Recommended:	£180 (Friends)	£200 (Non-Members)
Low waged:	£155 (Friends)	£175 (Non-Members)
Unwaged:	£130 (Friends)	£150 (Non-Members)

There will be a £20 discount for bookings received by 15 October 2026. Full payment or a £25 deposit will need to be made when booking, and full payment required prior to the sesshin itself. Deposits are not normally refundable.

Friends of IZAUk members who require financial assistance are encouraged to make use of the Bursary fund. Please contact John Callaghan at john@izauk.net

GENERAL INFORMATION

Information about Soto Zen practice, retreats and UK venues can be found under <https://www.izauk.org/>.

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November 5 - 8, 2026
YHA Sheringham, Norfolk, NR26 8HX



THE TEACHER

Lana began practising zazen in London in 2001 and received the Buddhist precepts in 2003. She was ordained as a nun in 2006 by her master, Mokuhō Guy Mercier, formally becoming his disciple.

She co-founded and led the Warren Street Dojo from 2010 to 2015 and was appointed head of the North London Dojo in 2011.

She undertook monastic training in Japan before receiving Dharma Transmission from Mokuhō Guy Mercier in 2025. She is now a certified teacher of the Sōtō Zen School.

Lana continues to lead zazen and teach kesa and rakusu sewing at the North London Dojo.

REGISTRATION

Please register online, payments can be made electronically, at www.izauk.org/events.

Additional information about the venue, schedule and things to bring along is available on the same website.

Please contact event-organiser@izauk.net if you have further questions.



International Zen Association
UNITED KINGDOM