

INTRODUCTION FOR BEGINNERS

SCHEDULE

10:00h: Reception, tea ceremony

11:00h: zen practice with explanations (prostrations, chanting, meditation and kong-an. Questions and answers)

13:00h: walk in the nature

14:00h: lunch

WHAT TO BRING

Sneakers or mountain boots. Indoor slippers

Socks

Clothing appropriate for the season (the weather can change often in the mountains)

Comfortable clothing for meditation

- Bori Sa is located in a remote place in the mountain, can be reached only by car (detailed instructions "How to get there" on demand)
- Transportation from the nearest bus stop (Argelaguer): 15€ x person

PARTICIPANT FEE: 20€ / 10€ (KUSZ member)

MORE INFORMATION AND REGISTRATION:

boricentrozen@hotmail.com