

**The Question of Birth and Death ist great.  
How swift is impermanence!  
Time waits for no one.  
Be careful not to indulge in idleness.**

**„Verse inscribed on the han“**



**Sesshin from 20th until 23th October 2022.  
In Kapuzinerhof**

## **Teacher: Meido Zentetsu Roshi**



Leading teacher of the Rinzai Zen Community and Abbot of the  
Korinji Monastery <http://www.korinji.org/>.  
Meido Zentetsu Roshi teaches and practises a lot in the USA and in Europa  
as well.

## **Registration:**

All registrations to Anselm Stahl,

Email: [anselm.stahl@gmx.at](mailto:anselm.stahl@gmx.at)

Phone: 0049 - 176 - 678 69 620

[www.kaishin.de](http://www.kaishin.de)

**Registration deadline is the September 18th 2022!**

## **Fee:**

Attendance fee 380,- Euro that includes training ,accommodation and board.

Please transfer the attendance fee to the following bank account:

**Anselm Stahl**

**IBAN: DE97 7105 0000 0000 2942 56**

**BIC: BYLADEM1BGL**

**Purpose of use: Sesshin October 2022**

**Deadline for transfer is the October 7th 2022!**

Notice: ! Your participation is just applicable with your payment. If the payment isn't transfered until the deadline ends your place goes to someone else on the waiting list

## **Arrival:**

[www.kapuzinerhof.de](http://www.kapuzinerhof.de)

## **Check-In/Check-out:**

Thursday 20<sup>th</sup> October: check-in 3 pm – 4 pm

Sunday 23<sup>th</sup> October: check-out is approximate 10 am.

## **Please bring along:**

Trainings clothes hakama and gi or a white t-shirt and black trainings pants.

Meditations pillows, zafus, and if you have zabutons.

We will also work outside (samu practice).

Outdoor clothes/rainjacket/solid shoes/head covering bring along.

**DANA**  
**voluntary donation**

Korinji is open!

A voluntary donation for completion and support of Korinji are welcome.

When check-in please contact Anselm Stahl.

For more information please visit <https://www.korinji.org>