



HINOTORI AN

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UPDATE

10.09.2025

ZAZENKAI

21.09.2025

06:00 – 17:00

SILENT ZAZENKAI

for experienced practitioners

Zazenkai literally means "sitting Zen conference/meeting".

Although it varies in form, length, and schedule, a Zazenkai is usually an all-day retreat dedicated to Zen practice. It is mostly less intense than a regular Sesshin. Zazenkai provides an opportunity to deepen one's understanding of Zen practice and principles, as well as to cultivate a conscious and introspective mind. It is therefore beneficial for both experienced students and beginners.

A daylong Zen practice in Hinotori An provides a great way to experience a short, intense meditation retreat in the city itself. This way, practitioners are offered the opportunity to get an

impression of the practice carried out on the way of the traditional Zen monastery, without the need for a long journey.

However, since the schedules for individual Zazenkai are designed for different levels of experience, it is necessary, before registering, to read the indication for whom the practice is intended:

**Regular Zazenkai** – Everyone is welcome to this practice, but those new to Zen meditation must first complete an introduction to Zazen. Therefore, they are requested to get in touch with the sensei before registering for the event. Those unfamiliar with intensive Zen practice and those meditating without the guidance of an experienced teacher are better supported during this than during silent Zazenkai. The basic elements of Zen practice are distributed throughout the day and include periods of Zazen (坐禪 sitting meditation), Kinhin (経行 walking meditation), Mondo (問答 public question and answer between teacher and student), and Samu (作務 mindful work). Additional practice periods are reserved for chanting, Dharma talk, and face-to-face conversation with the teacher (semi-formal). Noble silence is maintained throughout the day.

**Introductory Zazenkai** - This practice is especially intended for beginners and no previous experience in meditation is necessary. Instructions for Zen meditation are given at the beginning of the day, and corrections are continued throughout the entire practice. Such a schedule provides an opportunity for practitioners to get to know Zen practice more closely and to recognize personal affinity regarding the intensity of future Zen training. The core of the practice includes the periods of Zazen, Kinhin, Mondo and Samu. An additional practice period is reserved for lectures on Zen meditation techniques and the application of Zen in worldly life.

**Silent Zazenkai** - the practice is designed as a daylong retreat devoted to samadhi practice, with Great Silence observed throughout the day. It is intended for advanced students who want to intensify and deepen their practice through extended periods of Zazen, and Kinhin. The schedule includes chanting, Samu, Mondo, Dharma talk, and formal Dokusan (独参) (Dragon & Phoenix Passages) or semi-formal Dharma meeting (other students).

Meals are conducted in a simplified but formal way (Ôryōki ritual). Breaks are included during morning and afternoon practice, and simple tea ceremony takes place at the end of Zazenkai. This is the whole day event and part-time participation is not possible. Leaving early is not recommended, but it is allowed and, to prevent disturbing other people's practice, it is only performed during Kinhin, in complete silence.

The practice is led by Doka Sensei.

#### REQUIREMENTS:

- Registration - no entry without prior registration

- Punctuality - arrive 10 - 15' before the start of the practice to prepare in peace; the door is locked 5' before the start of the Sesshin and late practitioners cannot enter
- Skillful communication – silence at all times, no idle talk, posing questions only during Mondo, or after Sesshin
- Clean socks - prepare clean socks for the Zendo; it is not allowed to walk on the tatami with bare feet, in shoes or with dirty socks (unlike the usual Zendo where one practices barefoot, the Zendo in Hinotori An follows the rules of the Chado room to protect the tatami floor)
- Attire - to ensure painless sitting and preserve the atmosphere of a temple, attire should be loose-fitting (no jeans, or leather pants), in calm colors (preferable dark); not visually distracting (no short skirts, shorts, bermuda and tank tops - regardless of gender); watches and jingling jewelry must be removed; strong smells must be avoided.
- Mobile phones - need to be turned off completely or set on Airplane Mode (Silent Mode is also not allowed)

#### MISCELLANEOUS:

- Languages - verbal communication in Swiss, German or English. If necessary, instructions can be given also in Serbian or Slovenian.
- Approach - Hinotori An is a small urban Zen hermitage that cultivates simplicity, silence, discipline and serious practice.
- Preparation - Although guidance is always given when needed, students are advised to read the Retreat and Zendo Guidelines (add links) before entering this practice.

Detailed information is communicated during the first evening of the Sesshin, but any unclear questions and queries can be asked at any time via email: [hinotori.zendo@gmail.com](mailto:hinotori.zendo@gmail.com). All questions regarding personal matter will be forwarded directly to sensei.

#### SCHEDULE:

Sun, 06:00 - 17:00

Participants: 4

Duration: 660 min (11 hours)

Price: 60 CHF/ 55 CHF/ 50 CHF/ -- CHF



Contact:

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