



HINOTORI AN

Kinkelstrasse 10

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UPDATE

13.04.2024

HINOTORI AN 8TH ANNIVERSARY

20.04.2024

18:00 – 21:00

Hinotori An anniversary will be celebrated this year with an intensive silent Zen practice. The silence is only broken by the sound of Keisu 磬子 (bowl gong), Inkin 引鑿 (hand gong), 鈴 Rei (small bell) or Taku 柝 (wooden clappers) to mark meditation periods (sitting Zen meditation) and kinhin (walking Zen meditation).

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 is usually in Swiss, German or English
- 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 Zendo Guidelines (add links).

SCHEDULE:

Sat 18:00 – 21:00

Participants: 4

Duration: 180 min (3 hours)

Teaching tuition: 40 CHF



Contact:

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