

## About the teacher



Beppe Mokuza Signoritti is one of the foremost masters of Japanese Inkpainting, Sumi-e and Zen in Europe.

For thirty years Beppe has dedicated himself to Sumi-e and Zen meditation practice.

He holds workshops and demonstrations throughout Europe. His teachings are an expression of a deep spiritual search that flourishes through the practice of Zen and whose essence is revealed in Sumi-e.



## Contact & registration



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*For organization reasons, please make your reservation as soon as possible, places are limited.*

### To bring along

- a pair of slippers
- comfortable, loose-fitting dark clothing for meditation
- a bowl for meals (medium size) with a cloth napkin (40x40cm) to cover the bowl & a spoon

### Samu

During the workshop, students have the opportunity to contribute to community life by performing simple daily tasks (*samu* in Japanese) such as washing dishes, cleaning, cutting vegetables, etc. This voluntary work is carried out in a spirit of giving and concentration.

### Cancellation policy

If you cannot attend the workshop, 85% of the amount will be refunded. Your entire fee becomes non-refundable 30 days before the start of the event. If the workshop has to be cancelled due to restrictions of corona rules in the Netherlands, participants will be fully refunded.

# Workshop Sumi-e Painting & Zen Meditation

Tuesday 16 -  
Sunday 21 February 2021

Lage Mierde  
The Netherlands



[www.sumi-e.nl](http://www.sumi-e.nl)

## Sumi-e painting

The Japanese term “sumi” means black ink, “e” means painting. It was introduced in Japan by Zen monks five centuries ago. Simply using a brush, black ink and rice paper, adopting good posture and focusing on the breath, Sumi-e can awaken a sense of harmony and self-acceptance. While painting, practitioners become more attentive, creative and open-minded.

## Zen meditation: zazen

Za means to sit, zen means meditation, truth. To touch, through correct sitting, the pure, original mind that exists in each of us, often obscured by our thoughts and the emotional storms which perturb us. Regular zazen practice eliminates stress and mental agitation which are the causes of human intolerance and conflict. While sitting, we make intimate contact with the profound spiritual dimension of our existence, respecting all beings.

## Program of the workshop

### **Tuesday 16<sup>th</sup> of February**

15.00 - 18.00 Arrival and registration  
18.30 Welcome and start of the workshop  
19.00 Dinner  
20.30 Introduction to Soto-Zen meditation

### **Wednesday 17<sup>th</sup> - Saturday 20<sup>th</sup> of February**

07.00 Zazen and ceremony  
09.00 Traditional Zen breakfast  
09.30 Coffee  
10.00 Sumi-e  
12.30 Lunch  
15.00 Sumi-e  
18.30 Zazen  
20.15 Dinner

### **Sunday 21<sup>st</sup> of February**

07.00 Zazen and ceremony  
09.00 Traditional Zen breakfast  
09.30 Coffee  
10.00 Sumi-e  
12.45 Festive Lunch  
15.00 End of workshop



*The above-mentioned schedule may be subject to changes*

## Costs

Registration fee:  
(as a reimbursement of expenses)  
- Entire workshop € 650  
- Weekend (Friday till Sunday) € 350

The following items are included in the price:

- accommodation in two person rooms with shared bathroom (sheets & towels provided)
- meals (breakfast, lunch, tea/coffee breaks and dinner) all prepared with organic food
- painting material (practice paper, rice paper in different sizes, ink and big, medium and small brushes)
- annual membership to the Association of the Zen Group Haarlem (Holland)

*Meditation is open to people who do not wish to attend the workshop. Please get in touch in advance if you would like to join us for zazen.*



### **Boerderij Natuurlijk**

is a spacious, modern and comfortable accommodation with characteristics of a farm. The location is situated in a tranquil, green environment in the south of the Netherlands.

[www.boerderijnatuurlijk.nl](http://www.boerderijnatuurlijk.nl)