

Location

Ermitage Accueil
23 rue de l'Ermitage
78000 Versailles, France

This place, located 15 km from the center of Paris, hosts self-awareness or spiritual renewal sessions, in an 18th century building.



Bus : Line 2, *Berthier* stop, coming from the following railway stations:
Versailles Chantiers (RER Line N *Paris Montparnasse*) and
Versailles Rive Gauche (RER Line C, Paris along the Seine river).
RER : Line L (*Paris Saint-Lazare, La Défense*), *Versailles Rive Droite* station.

Information and registration

Alain Plaignaud: +33685520820
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More information:

<http://ecole.sumi-e.fr/evenement/workshop-8-13-4-2020/?lang=en>

Follow the Intl School of Sumi-e on Facebook (in French):

<https://www.facebook.com/EcoleInternationaleDeSumiE>



Fees

Course: 650 € (*full workshop from Apr. 8 to 13th, deposit 220 €*)
300 € (*weekend from Apr. 11 to 13th, full payment*)

The price includes supplies of exercise paper, ink and rice paper, the loan of brushes. If possible bring a cushion and a meditation mat.

It does not include accommodation and catering, but this is possible on site:

Catering: breakfast 5 €, lunch, dinner 15 €

Accommodation: single room 35 €, multiple 26 €

Booking: ermitage@fondacio.fr, +33139231980

www.sumi-e.fr

www.ecole.sumi-e.fr



Sumi-e Painting & Zen Meditation Workshop

8th to 13th of April 2020

Led by:
Beppe Mokuza Signoritti

Organized by:
The International School
of Sumi-e
in:
Versailles, France

Sumi-e

Sumi-e is a black ink painting method which originated in China and was introduced to Japan by Zen monks five centuries ago. Simply using a brush, a black ink stick, a stone (suzuri) and a sheet of rice paper, focusing on the here and now, letting the thoughts flow, relaxing body tension, adopting a correct posture and breathing, this way of painting can awaken the student's creativity and sensitivity. While painting you'll become more attentive, feeling in harmony with the surrounding environment, accepting yourself and your limits, being open minded and at last, you'll be in contact with the very source of life that is within yourself.

Students work together in small groups in a naturally still, silent, concentrated atmosphere, in harmony. There is no competition in order to achieve a goal but just patiently working to develop one's sensitivity and one's expressive side. Through sumi-e you can deepen the quality of being smooth and graceful. In this way, a flower, a rock or a bamboo becomes like a natural expression of your body.

Zazen (sitting meditation)

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.

"If somebody should ask you what true zen is, it's not necessary to explain using words. Instead, demonstrate the aspects of zazen posture. Then, spring breezes will gently coax the marvelous flowers of the plum tree to blossom."
(Daichi Sokei 1290-1366)

International School of Sumi-e

The School teaches the Sumi-e painting method of Beppe Mokuza Signoritti. It offers a 4-year course, which is based on a program of in-depth practice of the "four nobles": bamboo, orchid, plum tree, chrysanthemum. This practice is supported by courses on the culture that underlies sumi-e.

Alain Keigyo Plaignaud is the President of the school and teaches with Beppe Mokuza Signoritti.

Teacher



Beppe Mokuza Signoritti, Sumi-e et Zen Master

Honorary President of the School. Beppe Mokuza Signoritti, Sumi-e and Zen Master He is one of the foremost masters of Japanese Ink painting, 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.

Complete Program ⁽¹⁾

Wednesday 8th of April

- 8:30 Welcoming participants
- 9:30 Sumi-e
- 12:30 Lunch
- 15:00 Sumi-e
- 19:00 Dinner
- 20:00 Zazen ⁽²⁾

Thursday 9th to Sunday 12th of April

- 7:00 Zazen ⁽²⁾
- 8:30 Breakfast
- 9:30 Sumi-e
- 12:30 Lunch
- 15:00 Sumi-e
- 19:00 Dinner
- 20:00 Zazen ⁽²⁾

Monday 13th of April

- 7:00 Zazen ⁽²⁾
- 8:30 Breakfast
- 9:00 Sumi-e
- 12:30 Lunch
- 13:30 Cleaning
- 14:00 End of workshop



Notes:

(1) It is possible to participate only during the weekend, from Saturday 11 to Monday 13th of April.

(2) Zen meditation is optional.