

## 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  
E-mail: [alain@sumi-e.fr](mailto:alain@sumi-e.fr)

More information:

<http://ecole.sumi-e.fr/evenement/workshop-01-05-07-2020/?lang=en>

Follow the Intl School of Sumi-e on Facebook (in French):  
<https://www.facebook.com/EcoleInternationaleDeSumiE>



## Fees

Course: 500 € (*full workshop from July 1<sup>st</sup> to 5<sup>th</sup>, deposit 150 €*)  
200 € (*weekend from July 4<sup>th</sup> to 5<sup>th</sup>, 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 34 €, multiple 26 €

Booking: [ermitage@fondacio.fr](mailto:ermitage@fondacio.fr), +33139231980

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

自然堂  
BEPPE MOKUZA

# Sumi-e Painting & Zen Meditation Workshop

1<sup>st</sup> to 5<sup>th</sup> of July 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 gentlemen": 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.

## About the Teacher



### Beppe Mokuza Signoritti, Sumi-e and Zen Master

He is the honorary president of the Intl School of Sumi-e based in Versailles and is one of the foremost masters of Japanese Ink painting, Sumi-e and Zen in Europe. For thirty years Beppe Mokuza has been dedicating 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 <sup>(1)</sup>

### Wednesday 1<sup>st</sup> of July

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

### Thursday 2<sup>nd</sup> to Saturday 4<sup>th</sup> of July

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

### Sunday 5<sup>th</sup> of July

- 7h00 Zazen <sup>(2)</sup>
- 8h30 Breakfast
- 9h00 Sumi-e
- 12h30 Lunch
- 14h30 Sumi-e
- 17h30 Cleaning
- 18h00 End of workshop

### Notes :

(1) It is possible to participate only during the weekend, from Saturday 4<sup>th</sup> to Sunday 5<sup>th</sup> of July.

(2) Zen meditation is optional.