

## About us



### The teacher

Beppe Mokuza Signoritti is a Zen monk belonging to the Soto Zen Buddhism tradition, disciple of master Roland Yuno Rech. For 30 years he has been dedicating himself to Sumi-e and Zen meditation, combining the two practices in a unique way. He exhibits his works, holds conferences and gives demonstrations throughout Europe. He is the spiritual guide of the Bodai Dojo (Italy) and the Dōji Zengroep, located in Haarlem. Instagram @beppemokuza

### International Sumi-e School

Beppe Mokuza founded in 2019 the International Sumi-e School based in France. Over 4 years, students gain a deep understanding of the method and master the Four Gentlemen - bamboo, orchid, plum tree and chrysanthemum. At the end of the course, students receive a professional diploma and can start teaching Sumi-e. [www.ecole.sumi-e.fr](http://www.ecole.sumi-e.fr)

### Not for profit project

All proceeds from this workshop will be donated towards the construction of an international Zen temple located in Costigliole d'Asti in Northern Italy. This temple will be used to host retreats and share the practice of Zen Buddhism and Sumi-e. Instagram @zen.temple.gyogenji

### Contact us

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“  
*In the outer world  
take Creation as a model,  
in the inner world  
follow the source of your soul*”

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

## Sumi-e Painting & Zen Meditation Workshop



6 - 11 February 2024

led by Zen & Sumi-e master  
Beppe Mokuza Signoritti

Natuurvriendenhuis ABK-huis  
Hall/Eerbeek  
The Netherlands

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



# Sumi-e

Sumi means black ink, e means painting.

This method of painting was introduced to Japan by Zen monks about eight centuries ago.

It is an expressive art style in which reality is reduced to its pure, essential form.

Students work in harmony, to refine their sensitivity and creativity, in a calm and silent atmosphere.

Sumi-e is not about competing for a result,

but rather about patient and benevolent work towards oneself.

# Zazen

Za means to sit, Zen means meditation, truth.

Zazen reveals the pure and original spirit that exists in each of us, which is often obscured by our thoughts and emotions.

Zen is not opposed to any religion or personal belief.

It helps us to find a deep and natural faith in what unites us to other living beings.

*Please note that meditation is not mandatory.*

*If you would like to join us for meditation, but not for painting, please get in touch.*



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## Program

### Tuesday 6<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 7<sup>th</sup> - Saturday 10<sup>th</sup> of February

- 7 am Zazen and ceremony
- 8.30 Traditional zen breakfast
- 9 Coffee and tea
- 9.45 Samu
- 10.30 Sumi-e
- 12.45 Lunch
- 3 pm Sumi-e
- 6 pm Zazen
- 7.30 pm Dinner



### Sunday 11<sup>th</sup> of February

- 7 am Zazen and ceremony
- 8.30 Traditional zen breakfast
- 9 Coffee and tea
- 9.45 Samu
- 10.30 Sumi-e
- 12.00 Packing belongings and tidying up
- 1 pm Festive lunch
- 3 pm End of workshop

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

During breakfast and lunch, which take place in silence, we chant some sutras from the Zen tradition.

N.B: during the workshop, students have the opportunity to contribute to community life by performing simple daily tasks (*samu* in Japanese) such as cutting vegetables, weeding the garden, cleaning, etc.



## Participation fee

**Registration fee:** (as a reimbursement of expenses)

- two person room € 620
- single room (subject to availability) € 740

**Included in the fee:**

- sleeping accommodation
- organic meals (breakfast, lunch, tea breaks, dinner)
- painting materials (training paper, rice paper, ink and three different brushes).

**Cancellation policy**

If you cannot attend the workshop, 85% of the amount will be refunded. Your entire fee becomes non-refundable 20 days before the start of the event.

*Please make your reservation as soon as possible, places are limited.*