

## 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



Sonja Jodo Nijon  
+31 (0)622391136  
sonja@sumi-e.nl

Universel Murad Hassil  
Zuidduinseweg 7  
2225 JS Katwijk aan Zee

*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 and a spoon
- a meditation cushion if you have one

### 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 8 -  
Sunday 13 June 2021

Katwijk aan Zee  
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 8<sup>th</sup> of June**

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 9<sup>th</sup> - Saturday 12<sup>th</sup> of June**

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 13<sup>th</sup> of June**

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 € 460  
- Weekend (Friday till Sunday) € 260

The following items are included in the price:

- 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 Zen Association Bodai Dojo (Italy)

*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.*

## Sleeping accommodation

For information on where to sleep overnight, please contact Sonja Jodo Nijon.



### **Universel Murad Hassil**

The Sufi Temple is a modern, light and spacious location, beautifully situated in the Dutch dunes directly near the sea. There is a large area for meditation and painting and a separate house for the meals.

[www.universel.one](http://www.universel.one)