

SESSHINS at YUJO NYUSANJI TEMPLE

Sesshin of the South

4 & 5 October 2025
Led by the nun
Geneviève Sen Gyo Perrier
€110 or €85*

day of preparation at the temple
 day of sesshin at the temple

Autumn Camp

8 - 11 November 2025
1 day of preparation, 2 1/2 days
sesshin
Led by the monk Richard Kosen
Féret
Whole camp:
€220 or €168*
sesshin: €165€ or €126*

Winter Camp

28 December - 1 January Night
sesshin: 30 - 31
New Year's Day: 1 January
Led by the monk Frédéric Sen
Ki Gruau
Whole Camp: €275 or €215*
Camp without 1 January:
€165 or €126*
sesshin only: €110 or €85*
sesshin + 1 January:
€170 or €130*

Winter's End Sesshin

21 & 22 february
led by the nun Muriel Moku Ko
Malvolti
€110 or €85*

Easter Sesshin

3 - 6 April 2026
1 day of preparation, 2 1/2 days
of sesshin led by
Master Ingrid Gyu Ji Igelnick
session: €220 or €168* sesshin:
€165 or €126*

Spring Camp

14 - 17 May 2026
1 day of preparation, 2 1/2
days of sesshin led Master
Christophe Ryurin Desmur
session: €220 or €168*
sesshin: €165 or €126*

Sesshin of the Kesa

18 - 22 June 2026
led by the nonnes Huguette
Moku Myo Sirejol and
Geneviève Ho Shin Capelle
€55 or €42* per day

Samu at the Temple

5 hours samu / fusé

Samu maintenance

Normally one week per month.
If you want to participate,
contact Richard: 0681834383.

Preparing garden for winter:

4 - 7 October 2025

Spring Samu:

8 - 13 May 2026

Samu at the Temple:

1 - 13 July 2026
18 - 20 August 2026

Staying at the Temple:

Throughout the year, outside
of activity dates, for the
duration of your choice.
16€ per day.

Info: yujo.nyusanji@zen-deshimaru.com

Planning of sesshins et camps



Kosen Sangha 2025 - 2026

www.zen-deshimaru.com

samu at the temple
 other sesshins

2025 SEPT.	OCTOBER	NOVEMBER	DECEMBER	2026 JANUARY	FEBRUARY	MARS	APRIL	MAY	JUNE	JULY	AUGUST
1 L	1 M	1 S	1 L	1 J WINTER CAMP	1 D	1 D	1 M	1 V	1 L SPRING CAMP	1 M	1 S SUMMER CAMP
2 M	2 J	2 D	2 M	2 V	2 L	2 L	2 J	2 S	2 M	2 J	2 D SUMMER CAMP
3 M	3 V	3 L	3 M	3 S	3 M	3 M	3 V	3 D	3 M	3 V	3 L SUMMER CAMP
4 J	4 S SESSHIN	4 M	4 J	4 D	4 M	4 M	4 S	4 L	4 J	4 S	4 M SUMMER CAMP
5 V	5 D of SOUTH	5 M Garden Samu	5 V	5 L	5 J	5 J	5 D EASTER SESSHIN	5 M	5 V	5 D Samu at the Temple	5 M
6 S	6 L	6 J	6 S Barcelona Sesshin	6 M	6 V	6 V	6 L	6 M	6 S	6 L	6 J
7 D	7 M	7 V	7 D	7 M	7 S Dijon Sesshin	7 S	7 M	7 J	7 D	7 M	7 V
8 L	8 M	8 S	8 L	8 J	8 D	8 D	8 M	8 V	8 L	8 M	8 S
9 M	9 J	9 D AUTUMN CAMP	9 M	9 V	9 L	9 L	9 J	9 S	9 M	9 J	9 D
10 M	10 V	10 L	10 M	10 S	10 M	10 M	10 V	10 D Spring Samu	10 M	10 V	10 L SUMMER CAMP
11 J	11 S	11 M	11 J	11 D	11 M	11 M	11 S	11 L	11 J	11 S	11 M SUMMER CAMP
12 V	12 D	12 M	12 V	12 L	12 J	12 J	12 D	12 M	12 V	12 D	12 M SUMMER CAMP
13 S ZaZoom	13 L	13 J	13 S	13 M	13 V	13 V	13 L	13 M	13 S	13 L	13 J SUMMER CAMP
14 D 24 h.	14 M	14 V	14 D	14 M	14 S Sesshin of the kesa Amsterdam	14 S Lyon Sesshin	14 M	14 J	14 D	14 M	14 V SUMMER CAMP
15 L	15 M	15 S	15 L	15 J	15 D	15 D	15 M	15 V	15 L	15 M	15 S
16 M	16 J	16 D	16 M	16 V	16 L	16 L	16 J	16 S	16 M	16 J	16 D
17 M	17 V	17 L	17 M	17 S	17 M	17 M	17 J	17 D	17 M	17 V	17 L
18 J	18 S Sweden Sesshin	18 M	18 J	18 D	18 M	18 M	18 S	18 L	18 J	18 S	18 M
19 V	19 D	19 M	19 V	19 L	19 J	19 J	19 D	19 M	19 V	19 D	19 M
20 S	20 L	20 J	20 S	20 M	20 V	20 V	20 L	20 M	20 S	20 L	20 J
21 D	21 M	21 V	21 D	21 M	21 S WINTER'S END SESSHIN	21 S	21 M	21 J	21 D	21 M	21 V
22 L	22 M	22 S	22 L	22 J	22 J	22 M	22 M	22 V	22 L	22 M	22 S
23 M	23 J	23 D	23 M	23 V	23 L	23 L	23 J	23 S	23 M	23 J	23 D
24 M	24 V	24 L	24 M	24 S	24 M	24 M	24 V	24 D	24 M	24 V	24 L
25 J	25 S Clermond Ferrand	25 M	25 J	25 D	25 M	25 M	25 S	25 L	25 J	25 S	25 M
26 V	26 D	26 M	26 V	26 L	26 J	26 J	26 D	26 M	26 V	26 D	26 M
27 S	27 L	27 J	27 S	27 M	27 V	27 V	27 L	27 M	27 S	27 L	27 J
28 D	28 M	28 V	28 D	28 M	28 S	28 S	28 M	28 J	28 D	28 M	28 V
29 L	29 M	29 S Amsterdam Sesshin	29 L WINTER CAMP	29 J	29 M	29 D	29 M	29 V	29 L	29 M	29 S
30 M	30 J	30 D	30 M CAMP	30 V	30 L	30 L	30 J	30 S	30 M	30 J	30 D
	31 V		31 M	31 S		31 M		31 D	31 V	31 V	31 L

SUMMER CAMP IN YUJO NYUSANJI TEMPLE

1st session led by Master Pierre Soko Leroux

2nd session led by Master Christophe Ryurin Desmur

3rd session led by Master Paula Reikiku Femenias

: 17 - 25 July 5 days of preparation,

1 rest day, 2,5 days of sesshin

: 27 July - 4 August 5 days of preparation,

1 rest day, 2,5 days of sesshin

: 7 - 16 August 5 days of preparation

1 rest day, 3,5 days of sesshin

If there are to be ordinations, they will take place during the sesshin of the 3rd session.

Price of the Summer Camp Yujo Nyusanji				
Session	Entire Session	Sesshin		
1 or 2	€470	€375*	€175	€145*
3	€525	€420*	€235	€190*
"Permanents" & "Super Permanents"				€675
Session, people under 26 years:				€200

* Reduced price

SUMMER CAMP IN SHOBOGENJI TEMPLE ARGENTINA

1st session led by Master Toshiro Taïgen Yamauchi : 5 - 13 January 2026

2nd session led by Master Paula Reikiku Femenias : 15- 23 January

3rd session led by Master Ariadna Dosei Labbate : 26 January - 4 February

Info: zen-deshimaru.com.ar

OTHER SESSHINS

Zazoom 24h

13 -14 September 2025
24h of zazen on line worldwide
led by the conductors of
Zazoom
Info: www.zazoom.org

Göteborg So Gyo

Sesshin 'Zen & Mushrooms'
18 - 19 October 2025
Led by Master Paula Reikiku
Femenias
Info: www.zen.goteborg.se

Clermond Ferrand

Sesshin 25 - 26 October 2025
Led by Master Ingrid Gyu Ji
Igelnick

Dijon

Sesshin 7 & 8 February 2026
Led by Master Françoise Jomon
Julien
info: dojozendijon@gmail.com

Zen Temple Lyon

Sesshin 14 & 15 March
Led by Master Christophe
Ryurin Desmur
info: www.dojozen-lyon.fr

Amsterdam Gyo Kai

Sesshin 29 - 30 November
Led by Master Paula Reikiku
Femenias

Sesshin of the Kesa, 14 - 15
February Led by Master Ingrid
Gyu Ji Igelnick

Sesshin 20 - 21 June
Led by Master Pierre Soko
Leroux

info@zenjoamsterdam.nl

Barcelona Ryokan

Sesshin 6 & 7 December 2025
Led by Master Pierre Soko
Leroux

ZEN y PLAYA

22 - 30 August 2026
Led by Master Pierre Soko
Leroux

dojo@zen-barcelona.com
Tel: +34 717 718 517

Chile

'ZEN y PACIFICO'
Session 14 - 22 February 2026
Led by Master Pierre Soko
Leroux

Info: zenchile.cl

Mexico

Mexico Sesshin
1 - 5 April 2026
Led by Master Pierre Soko
Leroux

info@zenmexico.org

Quebec

info@dojozen.com
Tel: (418) 692-1555

Please check for any changes on www.zen-deshimaru.com

SUMMER CAMP

"Ango" is a tradition in Japan since the time of Buddha. It was a period of practice when the whole Sangha came together around the Buddha during the rainy season.

OUR SESSIONS INCLUDE:

- A period of preparation lasting between 4 and 6 days followed by a sesshin (period of more intensive practice).
- Teachings in the dojo (kusen).
- Samu: taking part in the daily tasks of the temple (zen kitchen, garden, maintenance, sewing of the kesa).
- Various related activities: yoga, do-in, shiatsu...

Arrival is on the evening before each session. A session ends on the last day after lunch.

SAMU:

Samu is a Japanese word which literally means "doing things", as well as "things to do". Samu is work for the temple and the community, and forms an integral part of the practice.

PERMANENTS:

'Permanents' are participants who stay for the entire Summer Camp and are involved in its organisation and running. They must arrive one day before the start of the camp to assume their responsibilities and should leave the temple at the end of the camp when everything has been finished. A 'permanent' pays a reduced tariff. (see details of pricing below). A charge of €16 will be paid for each day of late arrival or early departure.

To be able to be part of the team of 'permanents', send an e-mail to permanent@zen-deshimaru.com or a letter to the Temple Yujo Nyusanji. This request should be made one month before the start of the camp.

The 'permanents' may not leave the summer camp. If you have an urgent reason to be absent, you need to get permission before the camp starts. Make your request known when registering to be a 'permanent'.

DAYS BETWEEN SESSIONS:

'Permanents': a fuse for meals. Others: €8 for night and breakfast, €8 for lunch/dinner.

ORDINATIONS:

If there are to be ordinations, they will take place during the sesshin of the 3rd session. Taking part in the ordinations costs €160 for monks and nuns and €100 for bodhisattvas.



SESSHIN

Sesshin is a Japanese word meaning "touching the spirit". It refers to a period of spiritual retreat during which the participants live according to the rhythm of the intensive practice of the zen temples. This period generally involves four zazen per day, meals and traditional ceremonies and participation in the samu (daily work). Sesshins are a time when monks and nuns of the sangha come together to deepen their practice under the direction of a teacher. It also allows beginners, who are always welcome, to experience the authentic life of the temples. In this way, sesshins represent the perfect framework to discover and deepen the practice of zen.

ZEN TEMPLE YUJO NYUSANJI

'Leave the castle and climb the mountain'. The temple is situated in the regional park of High Languedoc, at an altitude of 800 mtr., surrounded by woods and rivers, Yujo Nyusanji Temple is an ideal place for the practice of zazen.

TEACHING THE DHARMA

Master Kosen is the 83rd patriarch of zen Buddhism and the successor of Master Taisen Deshimaru. He is assisted in this mission by the certified masters of the Kosen sangha: Soko Leroux, Ryurin Desmur, Kosho Vuillemin, Jomon Julien, Gyu Ji Igelnick, Do Sei Labatte, Rei Kiku Femenias and Tai Gen Yamauchi. He is also assisted by Master Barbara Kosen, co-disciple of Master Deshimaru, and senior disciples of the sangha.



REGISTRATION

Registration takes place by internet: at www.zen-deshimaru.com (You will receive an automatic confirmation e-mail), or by post to Zen Temple Yujo Nyusanji.

How to pay for the sesshins or camps at Yujo Nyusanji Temple:

(N.B : Other sesshins/camps which take place outside the temple, should be paid directly to the organising dojo. For more information contact the organisers directly.)

You may choose the form of payment:

- By bank transfer
IBAN: FR76 4255 9100 0008 0035 9417 710
Code BIC/Swift: CCOFPPXXX
- On arrival at the temple

Accommodation

Full board and lodging. For people of limited means we allow a reduced price. Contribution for children: under 3 years, fuse (at your own discretion), from 3 to 8 years: 30 % of the adult price; older than 8 years: 50 % of the adult price.

Summer Camp

During the Summer Camp it is not possible to register only for the preparation of a session. Registration is either for a whole session or for a sesshin. Starting from the second session, a 10% discount is applied to the cheaper session.

Special offer for under-26s:

If you are between 18 and 26 years old, you benefit from a preferential rate of €200 per session for the summer camp.

MEMBERSHIP OF THE ABZD:

An annual subscription of €3 shall be required in order to become a member of the Zen Deshimaru Buddhist Association and participate in its activities.

GETTING TO THE TEMPLE

USING PUBLIC TRANSPORT:

The closest town to the temple which is accessible by public transport is Lamalou-les-Bains. Buses for Lamalou-les-Bains leave from Béziers (line 215 - Monday to Saturday leaving at 11:15 and 17:15) and from Montpellier (line 303 Monday to Saturday: 07:45, 12:40, 16:45; and every day at 10:15, 18:30) leaving from "Mosson" station, tram line 1 or 3). Line 485 every day at 15:45. It is also possible to go by bus (SNCF) to Bedarieux from Béziers.

We ask people coming by public transport to come to Lamalou-les-Bains and to inform us at the time they register. We can arrange for a pick-up in front of the bar restaurant Belleville in Lamalou-les-Bains on the day of arrival of the sesshins or sessions.

To contact us in the temple +33 (0)4 67 23 85 10

BY TAXI FROM LAMALOU-LES-BAINS:

Taxi Alboh, Tel: 07 71 74 72 79 Lamalou-les-Bains.
Reserve the day before. Price ≈ €35



COMING BY CAR:

If you have free places in your car, please advise us when you register, giving your telephone number. Others could benefit from the possibility and could share costs.

The temple is situated in the mountains of Caroux. One gets there from the D908, which follows the Orb Valley and joins St. Pons with Bedarieux. There are various possible ways after that. We usually say that the safest way to get here (in case of snow) is the road from Hérépian to Rosis. Here is a quicker route:

FROM HÉRÉPIAN:

Take the D13 to Saint Gervais sur Mare. Go left to l'Horte. At l'Horte, turn right on the D22 to Saint Gervais, until the pass of la Pierre Plantée, follow Rosis, pass through Rosis and then follow Douch. After the hamlet 'Le Cabaret' and after a small bridge you will see a board indicating 'Temple Zen du Caroux'.



PARKING:

Cars may not remain stationed at the entrance to the temple. After unloading your luggage you must park the car in the car park situated close by on the road to Douch on the left.



IMPORTANT:

Bring a zafu, a sleeping bag, and warm clothes, whatever the season. The temple is located in the mountains, at an altitude of 800 meters. Even in summer, evenings and nights can be cool, and it may rain from time to time.

Temple Yujo Nyusanji
1224 Hameau de Douch
34610 Rosis
France

Dojo of Maître Kosen
34, rue Bourrely
34000 Montpellier
France

www.zen-temple.org
tel. temple:
07 49 70 35 33
tel. secretariat:
06 68 26 14 83

www.zen-deshimaru.com

