



**THE INTERNATIONAL ZEN INSTITUTE (IZI)  
organizes “PUERTA DEL SUR 2023” FROM  
AUGUST 15 TO SEPTEMBER 15**

Directed by Tetsue roshi, Zen Master and Dharma Successor to  
Jiun Hogen roshi

It seems important to us to give everyone the opportunity to practice Zen. For this reason, we have organized retreats in spring, summer, autumn and winter in different parts of Spain for many years. At this moment, we are very happy to present our new project "Puerta del Sur 2023" for next summer (from August 15 to September 15). To carry it out, we want to rent this retreat house in Bajauri:

<https://elementuak.com/casa-de-retiros.html>



In it there is space for training for at least 16 people. The accommodation is on full board basis (in a shared room) and vegetarian food. The schedule of activities would be as follows:

15 August:

Opening “PUERTA DEL SUR 2023”

18- 20 August:

Weekend Sesshin

Sesshin is the traditional name for a zen retreat. A Zen weekend offers us many opportunities to quiet down, go deeper into meditation and become aware of where we are now. We practice silence. The teacher gives a dharma talk and there is opportunity for questions and personal interviews.

*Price:* 130,00 €

22-27 Augst:

### Kokoro-sesshin

The kokoro-sesshin (kokoro means heart) is for experienced Zen practitioners who, for some reason, want to do a full sesshin, but not as structured. There are longer breaks and there are more opportunities for an individual adaptation of the program. Experience in a go-sesshin (five-day sesshin) or dai-sesshin (seven-day sesshin) is a prerequisite for participation in the kokoro sesshin.

*Price:* 295,00 €

28-30 August:

### Daily Life Sesshin

This sesshin aims to integrate meditation into daily life. Early in the morning, during the afternoon and at night, there is a meditation program. In addition, there are periods of work, in which sometimes you work in silence and sometimes not, in order to practice speaking and listening. Once a day there is a group discussion on dharma and dokusan (personal interview with the teacher). A sesshin of daily life is an important part of this training period.

*Price:* 130,00 €

31 August-3 September:

### Family Sesshin

It is a very special part of our offer: a zen program for families: parents, children, grandparents... there is no age limit. Regardless of their age, which can be from baby to teenager. They practice, work, play and talk about a Zen Buddhist theme.

*Price:* Adult 195,00 €, Children under 16 years: €95.00

6-14 September:

### Dai-sesshin

In the seven-day dai-sesshin (dai means great), the focus is on meditating on a koan and realizing our true selves. All the exercises, recitations, rituals come together in this sesshin. Everything is used to realize an alert, awake and open mind. Having experience in a sesshin is a prerequisite to participate in the dai-sesshin.

*Price:* 490,00 €

15 September:

### CLOSING “PUERTA DEL SUR 2023”

You can request your enrollment in any of the programs by sending an email to: [internationalzeninstitute@gmail.com](mailto:internationalzeninstitute@gmail.com)

To carry out this project, we need money for: teachings, house rent, food, etc. We invite you to participate in the realization of this project with a financial contribution.

## **Any amount is welcome!**

### ***Crowdfunding***

You can collaborate by making a transfer to the IZI bank account in Spain:  
ES66 0182 1543 1302 0152 0964

Indicating in 'Puerta del Sur 2023' next to your name and surname. If you want us to contact you and if you wish to participate in any of the programs, please send an email to: [internationalzeninstitute@gmail.com](mailto:internationalzeninstitute@gmail.com)

- For a crowdfunding donation between €10.00 and €50.00, IIZE offers a batch of watercolor cards by Karmele Albizu (IZI instructor)
- For a crowdfunding donation of €100.00, IIZE offers the storybook “*A la luz de la Luna*”, by Tetsue roshi.
- For a crowdfunding donation of €200.00, IIZE offers free participation in the weekend Sesshin, in the Daily life Sesshin or in the Family Sesshin.
- For a crowdfunding donation of €500.00, IIZE offers free participation in the Kokoro sesshin, the weekend Sesshin, the Daily Life Sesshin or the Family Sesshin.
- For a crowdfunding donation of €900.00, the School offers free participation in the Dai-sesshin, or in any of the other sesshins of the program

**Thank you very much for your generosity!**

