

*Temple Zen
La Gendronnière*

41120 Valaire, France

2025

Weeks

Gyōji

Practice without beginning or end

ALL YEAR LONG

Meditation zen & rituals

Learning about community life

Zazen in action: vegetable gardening,
cooking, sewing, upkeep of the forest
and biodiversity

Calendar available on zen-azi.org



ASSOCIATION ZEN
INTERNATIONALE

FONDATEUR MAÎTRE TAISEN DESHIMARU



GYŌJI WEEKS

Gyōji translates as “uninterrupted practice” (Gyō) (ji).

It's the concentration and full presence of zazen, maintained in all daily activities.

These Gyōji weeks take place throughout the year (see our calendar) and are led by numerous teachers from the great sangha.

It's an opportunity for practitioners to experience the Sōtō Zen tradition within a Buddhist community, and to perpetuate what Taisen Deshimaru passed on when he founded the Gendronnière Zen Temple.

ACTIVITIES DURING THE WEEK

Daily life revolves around morning and evening zazen sessions.

Samu, community service, involves construction and renovation work, vegetable gardening and forest maintenance (depending on the season), housework, cooking and kesa sewing.

THE ONE-DAY PROGRAMME

6:30 a.m.	zazen, ceremony
8:30 a.m.	genmai (traditional breakfast), coffee
10:30 a.m.	samu
1:00 p.m.	lunch, rest
15:00 p.m.	samu
18:00 p.m.	zazen
20:00 p.m.	dinner, rest

RATES

Prices are given on the website. You can sleep in a dormitory or in a 4-5 person room for a lower rate, or in a double or single room for a higher rate.

INFORMATION AND REGISTRATION

lagendronnière@zen-azi.org - 02 54 44 04 86