

from 15th al 21th June

Centro Hōdo
Montorio Romano

Summer retreat 2026

guided by Rev.
Jikō Simone Wolf

Centro Zen Hōdo
Località Cogliavicolo 8/10
00010 Montorio Romano
Roma



Summer Retreat 2026 in Montorio Romano

The summer meditation retreat is open to everyone. The pace of the retreat allows all participants, regardless of their level, to immerse themselves in the life of the Zen Center, to harmonize with others, with the entire universe, and to free themselves for a few days from their daily cares and worries so as to practice the Way of the Buddha. Participants will be guided by the teachings of Rev. Jiko Simone Wolf.

The zen master

Jikō Simone Wolf



A disciple of Taisen Deshimaru, Reverend Jikō Simone Wolf received Dharma transmission from Yuko Okamoto Roshi. She founded the Zen Center of La Chaux-de-Fonds and later the Kōsetsu-ji Zen Temple in Switzerland, where she is the Abbess.

She is among those European teachers who represent the Sōtō Zen school on the continent and is a leader of the International Zen Association, where she is a member of the Spiritual Council. She served as the abbess for two years at the Gendronnière Zen Temple in France.



Schedule:

ARRIVAL: Sunday, 14 June (evening)

PREPARATION: 15-18 June

SESSHIN: 19-21 June

Participants are requested to bring

For meals:

bowls and utensils (a spoon and chopsticks) wrapped in a cloth, and a bottle or thermos for the hot water provided.

For sleeping:

a sleeping bag / sheet and pillow case (it's possible to rent sheets and pillow cases for € 7.00), towel, sandals / flip-flops.

For meditation:

a zafu and zafuton, if possible. It's also suggested that participants wear comfortable, loose-fitting clothing.

For outdoor activities:

an appropriate set of clothes and shoes.



HOW TO GET TO MONTORIO ROMANO

By car from highway A1: Take the Fiano Romano exit off highway A1 and follow signs for Rieti. Continue for about 4 km on the S.S. Salaria, then take the Nerola/Montorio Romano exit. Once in Nerola, continue for 3 km, following signs for Montorio Romano.

By car from Via Salaria: Continue along Via Salaria until km 40 and take the exit towards Nerola/Montorio Romano.

From Roma-Fiumicino: Take the Fiumicino/Orte train and get off at Fara Sabina. Take the COTRAL bus for Monteflavio/Palombara and get off at Montorio Romano (at the end of Viale Martiri del Congo).

Cost: €300 (for the entire retreat)

A reduction will be applied for partial participation.
Please contact **centrohodo@gmail.com** for more information.

Participants are requested to enroll by 31 May:
www.sanbodojo.it



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