

Association Zen – Voie du Cœur

## **New Year Sesshin with Michel Genko Roshi**

**December 26, 2023 (6pm) - January 1, 2024 (12am)**

**[Dana Zen Center](#) – 22, avenue Pasteur 93100 Montreuil**



**Sesshin** means "to touch the heart"—"to touch one's heart"—to practice zazen, to be practiced by zazen. While touching the heart, we discover there is no void to fill, there is nothing missing - everything is already here. Sesshin is an invitation to restore within us the joy of this very life and to let it unfold throughout our entire existence.

*On December 31, we will prepare, serve and share a New Year's meal with homeless refugee families hosted at a Salvation Army shelter.*

**Fee: 320€ (people staying at the Dana Center), 250€ otherwise.**

**Registration - Information: [zenvoieducoeur@gmail.com](mailto:zenvoieducoeur@gmail.com)**

**In case of financial difficulties, please feel free to contact us at this address or to call Philippe +33 6 20 15 58 00.**