

Association Zen – Voie du Cœur

**Sesshin with Michel Genko Roshi May 26-29**

**Friday 6.00 pm-Monday 2pm**

**[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 Sunday May 28, we will prepare, serve and share a festive meal with refugee and homeless families hosted at a salvation army shelter.*

**Fee : 160€ for participants staying at the Dana Center. 130€ otherwise.**

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

**Thank you to contact at this address or to call Philippe,  
Tel : 06 20 15 58 00 , in case of financial difficulties**