



Jeff Shore, born in Philadelphia in 1953, has lived in Japan since 1981 and is Professor emeritus of Zen in the Modern World at Hanazono University, Kyoto. As the Dharma heir of Zen Master Keidô Fukushima (successor to Zenkei Shibayama and abbot of Tôfuku-ji Monastery in Kyoto), under whom he completed the Rinzai School koan training, he regularly leads Zen-Retreats, primarily in Europe and North America. Jeff Shore is a husband and a father. He is a book author: *Being without self – Zen for the modern world*, ASOKA 2008.

More details: www.beingwithoutself.org



The **Jakobsberg monastery** is surrounded by vineyards above the village of Ockenheim near Bingen, not far from Mainz and Wiesbaden. It is also easy to reach from Frankfurt. From the adjacent nature reserve there is a magnificent view of the Rheingau, Rüdeshheim and the Taunus.



ZEN-RETREAT with Jeff Shore

from 17. to 20. August 2023 at the

Kloster Jakobsberg
in Ockenheim near Bingen





The quiet and powerful atmosphere of the place will support our retreat.



Content:

Zen-retreat is a time of intensive practice in silence.

Sitting meditations (25 minutes each) are interspersed with walking meditation (including outdoors), body work, supportive talks by Jeff Shore, and opportunities to meet with him personally.

Jeff Shore strives to speak simple English that is usually well understood.

Videos are available for preparation, for example Giving All of Yourself (youtube). Meditation experience is assumed, if in doubt please ask.

Date:

17 - 20 August 2023

Start on 17.8.2023 at 18:00,

End on 20/8/2023 at 13:00.

Fee:

EUR 300 plus Dana for the teacher

Questions and registration:

Monika Luxenburger,
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The goal is to be present in life with the deepest being, to open the heart, to serve the world without intention and with compassion and to lovingly accept what is.





