

# ZEN IN BRISTOL

## **ZEN WEEKEND**

**17th - 18th December  
at Bristol Zen Dojo**

**with Senior Teacher  
Mokuho Guy Mercier**

**Saturday 17th December  
8.30am until late evening  
- lunch & supper provided**

**Sunday 18th December  
8.30am until lunchtime  
- followed by informal lunch**

## **RECOMMENDED DONATION**

**£45 for the weekend (concessions apply)**

**Please arrive ten minutes before the start  
Each day will include short periods of  
zazen interspersed with rest periods**

**Please bring or wear loose, dark clothes for  
zazen, a bowl and spoon for food and a  
cloth to wrap the bowl in**

**For more details and to register  
please contact Adrian at Bristol Zen Dojo**

**Tel: 0117 924 4347 or  
email: [a.tuttieltt@virginmedia.com](mailto:a.tuttieltt@virginmedia.com)**

**Bristol Zen Dojo  
91-93 Gloucester Road  
Bristol BS7 8AT**

