

Zen-Night in the “Rheingau”

Welcome to the Zen Night in the Rheingau with Zen Master Zensho, organised by the non-profit Zen Center Tao Chan.

Our event will take place in the countryside on the idyllic grounds of a well-kept and quiet barbecue site in Hattenheim/Rheingau. Pavilions are set up on site to serve as our Dharma hall. There is a large barbecue hut that we use as a lounge area, and in addition the whole grounds are at our disposal.

Please bring sufficient warm, dark clothing and footwear. The nights can be fresh in the Rheingau. Please also bring food and, if available, a meditation cushion or bench.

There is a large car park directly at the site. WCs and washbasins are available.

In case of very bad weather, the event can be cancelled at short notice, in which case you will of course be informed without delay by e-mail.

Itinerary for the Zen-Night:

- 11:30pm Personal welcome by one of our Zen teachers where you will be shown around and given a short introduction.
- 0:00am The Zen-Night begins: ca. 3 Zen-meditation periods à 20 min, followed by Kinhin, walking meditation à 15min.
- Break of around 30 min.
- A further round of meditation and Kinhin.
- 03:00am The talk by Zen-Master Zensho.
- Short break of around 10 min.
- Brief closing words from Zensho.

We cannot specify an exact time for the end of the event. Please take this into account when booking accommodation/taxi or similar.

Meditation cushions or benches and blankets are available.

Free overnight stay possible on request. Tent will be provided.

Please provide your own sleeping bag and food.

If you travel by train, it takes 20 min from Wiesbaden main station to Hattenheim. The walk from Hattenheim station to the barbecue site takes approx. 15 min.

Would you like to take part in the Zen-Night in Rheingau?

Simply click on the button **Information and registration** and tell us the date you would like to attend.

We would be delighted to see you live with us one day soon.

Best greetings

Your Zen Center Tao Chan