

# SLOW ZEN RETREAT

JOIN US ON THIS JOURNEY TO A CLEARER SELF  
WITH SEIGAKU



20th– 27<sup>th</sup> of September 2025  
Santa Cruz de La Palma/Canary Islands

**As a beginner or advanced practitioner** you can relax and refresh yourself with Zen practices during this one week retreat. Under the guidance of Japanese Zen monk Seigaku, you will experience and apply Zen teachings in your daily life. Zen practice focuses on experiencing the essence of consciousness. Sitting meditation is the main practice of Zen and aims to calm the mind and focus on breathing. We will go to bed early, get up early and clean. We cook and eat together simple vegan Japanese Temple Cuisine Shojin Ryori, recite sutras at every meal and practise calligraphy.



**Our Island excursions** take us to beautiful natural landscapes with unique ecosystems. The volcanic island of La Palma, declared a biosphere reserve by UNESCO, is part of the Canary Islands, which belong to Spain, and is located off the northwest coast of Africa. In the capital and port town of Santa Cruz de La Palma, you will find narrow cobbled streets and houses with wooden balconies. The island is mountainous and densely forested, with laurel and pine forests, waterfalls, black lava and white salt fields. On relaxed walks and hikes, we reach places by the sea and in the mountains and experience the wonderful nature of La Palma in a mindful way.



**Casa Las Enanas** is a charming Canarian house in the historic district of Santa Cruz de La Palma, where you will immediately feel at home. With its cosy seminar room, an inner patio with dining area, a beautiful terrace and kitchen, bathrooms and bedrooms. Around the house you will find many places with friendly little cafés, restaurants and shops. And if you're looking for a refreshing dip in the Atlantic Ocean with its black lava sand, it's only a 5-minute walk from Casa Las Enanas. Once again this year, the city beach has been awarded the 'Bandera Azul' nature conservation label, which stands for a well-maintained beach and high-quality bathing water.



## **Retreat programme:**

### **Saturday, 20<sup>th</sup> of September**

7.30pm – Zazen

8.00pm – Time for tea and candles

9.30m – Light walk

### **Sunday, 21<sup>st</sup> – Friday 26<sup>th</sup> of September**

06.00am – Wake up, ZaZen, Qi Gong

08.30am – Tea, breakfast, cleaning and rest

10.00am – ZaZen

10.40am – Freetime, walks or swimming in the sea

12.30pm – Cooking, lunch cleaning and rest

2.30pm – 3 x Island excursions

6.30pm – ZaZen

8.00pm – Time for tea and candles

9.30pm – Light walk

### **Saturday, 27<sup>th</sup> of September**

06.00am – Wake up, ZaZen, Qi Gong

08.30am – Tea, breakfast, cleaning and rest

10.00am – ZaZen

## **Included services:**

7-day Slow Zen retreat

7 nights in a double room in „Casa Las Enanas“

Vegan full board

3 x Island excursions

**Not included:** Transfere from the airport of La Palma (SPC) to “Casa Las Enanas” :

but it can easily reached by bus 500 or only 12 minutes by taxi.

**The flight must be booked separately and is not included.**

\*\*\*\*\*

**Seigaku** was born in Singapore in 1981 to Japanese teachers and spent his school years in Yonago City, Tottori Prefecture, Japan. While studying at Keio University, he became interested in Zen training and was ordained as a Buddhist monk at Eihei-ji Temple in Fukui, the main temple of Soto Zen Buddhism in Japan. Since then, he has visited many foreign dojos in China, including the United States, France, Switzerland, Poland and Germany. He teaches Zazen and spreads the Zen way of life throughout the world. Seigaku is the author of ‘Learning from a Monk: The Art of Eating for a Heart-Centred Mind’ and ‘Body and Mind Become Beautiful: The Art of Zen’.

**Gabriele Lex** is a practitioner of Feldenkrais, Zen and Qi Gong. Gabriele holds and organizes mindfulness seminars and courses: <https://bemindful-courses.com/>

# APPLICATION

**SLOW ZEN RETREAT**  
**20th– 27<sup>th</sup> of September 2025**  
**Santa Cruz de La Palma/Canary Islands**

**I HEREBY REGISTER FOR THE ABOVE COURSE:**

Surname, first name.....

Street, house number.....

Postcode, place of residence.....

Telephone.....

Email.....

Signature.....

Please send your registration to: [info@bemindful-courses.com](mailto:info@bemindful-courses.com)

The cost of the course, including accommodation in a double room and full board, is 1090,00 €, early bird until July 15<sup>th</sup> 2025: 990,00 €. After receipt of your registration you will receive the bank details for the transfer of the seminar fee. The binding reservation of the course is made by sending the registration and receipt of payment.

# CANCELLATION

**In the event of cancellation by the organiser:** The organiser may withdraw up to two weeks before the start of the course if the minimum number of participants has not been reached or due to unforeseeable circumstances such as illness etc.. In this case, the seminar costs already paid will be refunded. There is no entitlement to compensation.

**In the event of cancellation by the participant:** If the participant cancels up to 8 weeks before the start of the course, the cancellation costs are 50% of the seminar fee and up to two weeks before the start of the course 20%. In the event of cancellation less than two weeks before the start of the course, no cancellation costs can be claimed.

**Take out seminar cancellation insurance:** Something unforeseen can always happen, which is why we recommend taking out appropriate insurance.

