

SLOW ZEN RETREAT

JOIN US ON THIS JOURNEY TO A CLEARER SELF
WITH SEIGAKU



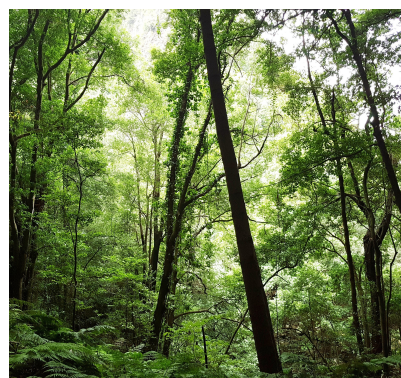
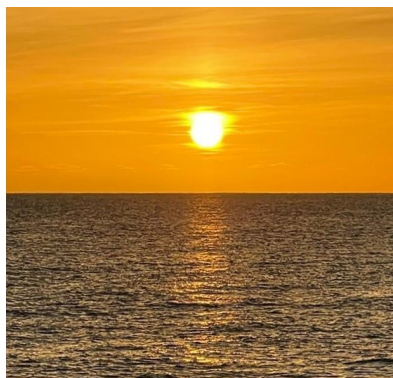
20th– 27th of September 2025
Santa Cruz de La Palma/Canary Island

A seven-day retreat to reflect, reset and recharge, exploring the quiet clarity of Zen through six core practices under the guidance of the experienced Japanese Zen monk, Seigaku.

- 1. Morning Zazen and QiGong:** sitting, breathing with awareness and gently awakening the body through mindful movement. This is a time to return to presence, letting the island's natural rhythms align with your own.
- 2. Mindful cooking and eating Shojin Ryori,** Japanese Zen Temple Cuisine: We take time to appreciate each meal as a gift from the Earth, and care for our space as an act of devotion. Cooking, eating and cleaning become meditative practices — humble, grounding, and deeply nourishing.
- 3. Japanese Calligraphy Workshop:** With brush and ink, we express silence. Each stroke becomes a mirror — reflecting the moment, the breath, and the clarity within. This practice brings focus, beauty, and a deep connection to tradition.
- 4. Zen Study & Personal Dialogue:** Through selected readings from Shōbōgenzō Zuimonki, we explore the living heart of Zen. Each day offers time for quiet reflection and dialogue — a space to ask, share, and let the teachings take root.

5. Gratitude for the Lineage of Life: Stillness, we trace the threads of life that brought us here. This is a time to honor the ancestors, mentors, and lives that shaped your own. A moment of prayer, connection, and reverence.

6. Nature immersion: Our Island excursions take us to beautiful natural landscapes with unique ecosystems. The volcanic island of La Palma, declared as a biosphere reserve is mountainous and densely forested, with laurel and pine forests, waterfalls, black lava and white salt fields. The sacred landscapes invite us to walk, listen, and be still. We visit historical sites, wander mountain paths, and meet the ocean not just for swimming, but as a place of release, renewal, and sensory awakening. This retreat is not about changing who you are, but rather, returning to who you truly are.



Casa Las Enanas is a charming traditional 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 small 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, 20th of September

7.00pm Dinner

8.00pm – Zazen

8.30pm – Time for tea and candles

Sunday, 21st – Friday 26th of September

07.30am – ZaZen; Qi Gong

08.30am – Breakfast

09.30am – Freetime, walks or swimming in the sea etc.

12.00pm – Cooking and Lunch

2.30pm – 3 x Island excursion, 1x Calligraphy, 1x Guided city tour Santa Cruz de LaPalma

7.00pm – Dinner

8.00pm – Zazen

08.30pm – Time for tea and candles

Saturday, 27th of September

07.30am – ZaZen; Qi Gong

08.30am – Breakfast

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 and taught in many foreign dojos in Asia, USA and Europe. 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, Mindfulness, Zen and Qi Gong. Gabriele holds and organizes mindfulness seminars and courses:

<https://bemindful-courses.com/>

APPLICATION

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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

The cost of the course, including accommodation in a double room and full board, is 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.

