



**Shugendo Mountain Training
June 29 to July 1, 2023 **
at 6747 Ces, Chironico, Switzerland**

Shugendo Mountain Training check-in / end:

**** Note:** Arrival on June 28, departure on July 2!!

Wednesday, June 28: Check-in: 2pm – 2:30pm at Sala Multiuso, 6747 Chironico (check-in the night before is possible). We will hike up to Ces this day.
Sonntag, July 2: End around 10:00 am in Ces including cleaning, hike back down to Chironico, departure by bus from Chironico Paese possible at 12:10pm or 2:10pm

Training includes lecture about Shugendo practice, Shugendo Daily Recitation, instruction in meditation and ritual practices from the tradition, Jukkai Shugyo (Ten Realms training, hiking on the mountain), and waterfall training (takigyō).

*Event sponsored by International Shugendo Association,
under the direction of Koryu Shugen Honshu and our Headmaster Shokai Koshikidake Soke. For
more information about our organization see www.shugeninternational.org*

Registration:

Please send registration to Myoen Nicole Ciucci

Email: info@zentraining.ch

Mobile: 0041-797014116 or Home: 0041-625353233

Registration deadline: April 21, 2023!**Fee:**

Shugendo Mountain Training: CHF 400.00

No part-time possible.

Please transfer the attendance fee to the following bank account after receiving the confirmation of participation. However, the participation is only valid with the transfer; if the fee is not transferred by the deposit deadline, your place will be given to people on the waiting list.

Please note that the transfer fee and/or currency exchange fee will be at your expense!

IBAN: CH37 0900 0000 1574 4735 8

PostFinance AG, Zentraining.ch, 6780 Airolo Schweiz

BIC: POFICHBEXXX

Clearing-Nr.: (BC) 900

Purpose: Shugendo June 2023

Deadline for transfer is May 12, 2023!**For Shugendo please bring:**

Tradition is to wear white during Mountain Training. Please bring white clothes suitable for hiking in all weather conditions (top layer should be white).

- Hiking gear (rain jacket, solid shoes, hat, sunscreen, hiking poles if needed)
- Daypack with extra clothes
- Water bottle
- Small towel
- Bathing suit or similar for takigyo (waterfall training)
- Sandals or other footwear (for wearing in water)
- Sleeping bag!
- Pajamas
- Toiletry
- Flashlight
- NO electronic devices (mobile, personal computer,...)
- There will be an emergency number 0041-797014116 (Myoen)

For everyone who has already taken part in our Shugendo training in Chironico: This time it will be alpine! That means larger, longer and more strenuous hikes than before, which require a good basic level of fitness and some experience in mountain hiking. We will also be on the road on impassable terrain and above all we will be in the great outdoors! Be aware of this and prepare well! For the first time, Shokai Koshikidake, Headmaster of the Mt. Koshikidake Shugendo tradition, from Japan, will lead the training together with our teacher Meido Roshi!

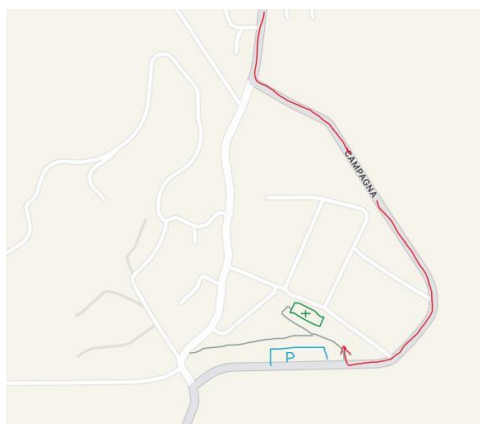
Please note that on the first day, we will hike up from Chironico to Ces, the alpine village which will be our base camp. This is an hour hike uphill. There is no other way to reach Ces except on foot, so we ask you to be ready for this walk when you check in on the 28th (your main baggage will go up the mountain by cable, so you will only need to carry what you need for the hike).



Location:

Alp Ces, 6747 Chironico, Switzerland: www.cesnet.ch

Meeting Point: Sala Multiuso Chironico (see map below)



The building on this map it is easily recognizable from the road Via Campagna: green rectangle on the map; parking: blue P

Travel by car:

It's holiday season; to prevent traffic jam there are a few options. For specific travel information please contact Myoen Nicole Ciucci.

Travel by train and bus:

The **day before**:

Train to Lavorgo, arrival: 06:27pm

on **Wednesday, June 28, 2023**:

01:27pm

From there Bus Nr. 123 direction Chironico/Grumo to Chironico Paese:

Departure from Lavorgo: 06:37pm 01:37pm
Arrival at Chironico Paese: 06:47pm 01:47pm

(Travel time from Zürich main station approximately 3 hours.)



Shokai Koshikidake, Headmaster of Mt. Koshikidake Shugendo Tradition, Japan.

About Shugendo

Shugendo - the spiritual path of the Yamabushi - is a 1500 year old Japanese religious tradition distilling the profound wisdom teachings of Asia. Combining esoteric Buddhist practice, Shinto awareness of the sacredness of nature, Daoist teachings, and outdoor asceticism such as mountain pilgrimage, Shugendo is an intensely embodied path of awakening.

During the outdoor trainings conducted throughout the year, mountains, valleys, and forests become places of meditation and mirrors revealing our intrinsic wisdom and compassion. Through ritual and ascetic practices like takigyo - meditation under waterfalls - the Shugendo practitioner can shed old patterns and awaken to a new life.

Shugendo is truly a way to be reborn through nature.