



**Shugendo intensive training weekend  
July 26 to July 28, 2024  
at 6747 Chironico, Switzerland**

**Shugendo training check-in / end:**

Friday, July 26: Check-in: 05:00pm – 06:00pm at Sala Multiuso, 6747 Chironico  
Sunday, July 28: End around 10:00am (Then cleaning up the training hall and the accommodations!) 12:30pm optional lunch at a restaurant.

**Training includes introduction for beginners: “What is Shugendo”?; instruction in the foundational practices of Shugendo; practice in nature and explanation of the Jukkai Shugyo (Ten Realms Training); instruction in takigyō, waterfall training, and other water training methods; instruction in various mantra and mudra, and long periods of intensive mantra practice together; additional ritual training for individual students may be given according to their level.**

*Event sponsored by International Shugendo Association.  
For more information about our organization see [www.shugeninternational.org](http://www.shugeninternational.org)*

## **Registration:**

Please send registration to Myoen Nicole Ciucci:

Email: info@zentraining.ch

Mobile: 0041-797014116 or Home: 0041-625353233

**Registration deadline: May 26, 2024!**

## **Fee:**

**Shugendo intensive training weekend: CHF 300.00**

No part-time possible. (additional night from July 25 to July 26: CHF 20.00)

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 July 2024**

**Deadline for transfer is June 15, 2024!**

## **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).

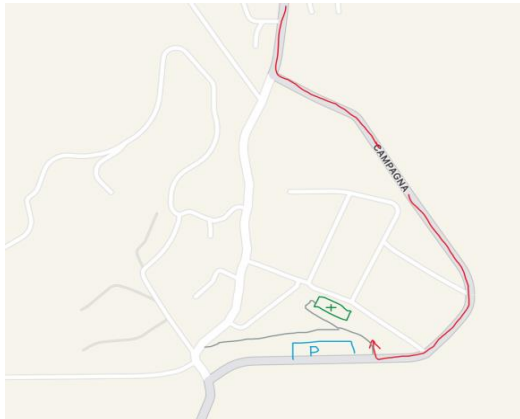
- Hiking gear (rain jacket, solid shoes, hat, sunscreen, hiking poles if needed)
- Daypack with extra clothes
- Water bottle
- Small towel
- Bathing suit or similar for takigyo (waterfall training)
- Sandals or other footwear (for wearing in water)
- Possibly sleeping bag
- Pajamas
- Toiletry
- Flashlight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

We will do hiking 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. Our teacher Meido Moore Sensei will lead the training!

## Location:

Via Campagna, 6747 Chironico, Switzerland

**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:

on Friday, **July 26, 2024:**

Train to Lavorgo, arrival: 01:27pm or 04:27 pm

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

Departure from Lavorgo: 01:37pm or 04:37pm

Arrival at Chironico Paese: 01:47pm or 04:47pm

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



*(Shugendo teacher Meido Moore Sensei, right, with Headmaster Shokai Koshikidake Soke, left)*

## 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.**