

GASSHUKU MISOGI at the source of ZRMANJA river

30.6. – 3.7.2022.



Rediscover yourself at the source of Zrmanja river while clearing out your body and mind with a 3-day Misogi intensive.

Misogi will be performed with bokken and bell.

Accommodation:

Tents - bring your own tent and sleeping bag. It is possible to borrow a tent if necessary.

Equipment needed:

Misogi – white or bright clothes or gi, towel, mat to sit on

Walking/hiking clothes and shoes (not hiking boots)

Working clothes and shoes that can get dirty

Drinking and personal hygiene water

Meals are included in the price: rice/barley, fermented and boiled vegetables.

Rules of conduct:

1. **Bathing and personal hygiene in the river** – please do not use conventional soaps, shower gels or toothpastes.
2. We will be using a **natural toilet in the forest** – please do not use scented or coloured toilet paper or damp cloths.
3. **Minimal communication** – we only speak when necessary, most of the time will be spent in silence. When communication is necessary, do it in a way that does not disturb others. Keep your thoughts to yourself and let misogi dispel all the anxiety and fears. Same rule applies during meals.
4. **No electronics and technology** (laptops, headphones, music, or any other distraction). If a phone call is necessary, do it in a way that does not disturb others, distance yourself from the group and only engage for the length of transmitting required information.
5. **Prepare your loved ones for your unavailability** for the days you will be spending at the retreat. Most of the focus of communication should be inside of us where there is a lot of work to be done. Reading a book is allowed.
6. We only consume **water and sugar free tea**, and **fermented and boiled vegetables with rice and barley**. **Do not bring snacks or candy**. If you must have something to chew on, you can use cloves. They are a good „cheat snack“ and they are good for your body (respiratory system and a natural antibiotic).
7. **No alcohol, coffee and cigarettes**. This could be quite a challenge for some, but consider it an addition to misogi – a complete cleanse of the system. When reduced to extreme conditions, we can face our own stripped souls and see what's left.
8. **Daily habits must be performed in a manner that does not disturb others**. For example, do not sing an opera during personal hygiene.
9. **If a mistake or error occurs, do not judge** the person it happened to, especially if that person is you. Simply observe.
10. **If you feel the need to cry or laugh, feel free to do it**. Nothing is unusual in conditions like these. If you feel a crisis coming on, talk to the instructor.

Instructor: **Marijan Kudrna**

Chef: Marko Pašalić / Logistics: Saša Folnegović

Price: **500kn/70€ (Advance payment till 15.6. : 200kn/30€)**

Minimum of **8 persons** is required, so please register in advance to: **Marijan, 091 4900 008;**
manjoster@gmail.com

THURSDAY 30.6. Arrival to the Zrmanja valley between 18 and 20h. Preparation of tents and dinner.		SATURDAY 2.7. 5:30 Waking hours 6-7 Breakfast and tea 7-9 Working tasks 10:30-13 Misogi 13-14 Lunch and tea	 14-14:30 Rest 14:30-17:30 Misogi 18:30-19:30 Dinner and tea 19:30-20:30 Misogi 20:30-22 Free time by the river
FRIDAY 1.7. 5:30 Waking hours 6-7 Breakfast and tea 7-9 Working tasks 10:30-13 Misogi	 13-14 Lunch and tea 14-14:30 Rest 14:30-17:30 Misogi 18:30-19:30 Dinner and tea 19:30-20:30 Misogi 20:30-22 Free time by the river	SUNDAY 3.7. 5:30 Waking hours 6-7 Breakfast and tea 8-10 Misogi 11-13 Lunch, departure	

