

**Shugendo Mountain Training: intensive training weekend
from July 25 to July 27, 2025
at 6747 Chironico, Switzerland**



Shugendo training check-in / end:

Friday, July 25: Check-in from 9am to 10am am, start of training at 10am
10:00am at Sala Multiuso, 6747 Chironico

Sunday, July 27: End around 12:00 noon (then cleaning location and accomodation)

Training includes an introduction talk: “What is Shugendo?”; instruction in the Shugendo Gongyo (daily recitation practice) and preliminary practices necessary for more advanced study; training in nature including the Jukkai Shugyo (Ten Realms Training) and takigyo (waterfall training); protective ritual practices (Kuji Saho and Marishiten Ongyo-ho); and intensive mantra accumulation.

Event sponsored by International Shugendo Association.
For more information: www.shugeninternational.org

We will do extensive hiking which requires a good basic level of fitness. We will hike on roads but also on uneven and difficult terrain. Some experience of mountain hiking is useful. Above all we will be in the great outdoors and will deal with whatever weather comes! During the training, there is a period of about 24 hours when we do not eat. Please be aware of all these things and prepare well.

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,...leave at accommodation!)
- There will be an emergency number: 0041-797014116 (Myoen)

Registration:

Please send registration to Myoen Nicole Ciucci:

Email: info@zentraining.ch

Mobile: 0041-797014116 or Home: 0041-625353233

Registration deadline: May 24, 2025!**Fee:**

Shugendo intensive training weekend: CHF 350.00

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

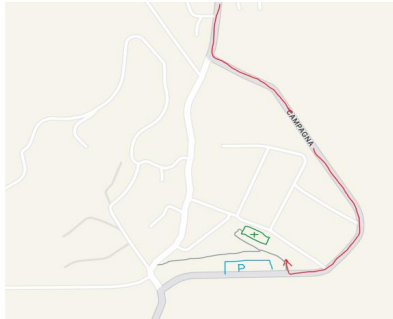
Purpose: Shugendo July 2025

Deadline for transfer is June 14, 2025!

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

Travel by train and bus: (Travel time from Zürich main station approximately 3 hours.)

on Thursday, July 24, 2025: (Arrival the evening before is recommended.)

Train to Lavorgo, arrival: 01:27pm or 04:27 pm or 06:27pm

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

Departure from Lavorgo: 01:37pm or 04:37pm or 06:37pm

Arrival at Chironico Paese: 01:47pm or 04:47pm or 06:47pm

on Friday, July 25, 2025:

Departure from Lavorgo: 09:37am

Arrival at Chironico Paese: 09:47am

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 takigyō - 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.



Shugendo Teacher Meido Moore from the international Shugendo organisation will lead the training.