**‘Meditation and (Neuro)Science’ Weekend at Kodoji**

**12th & 13th March 2016**

Sydney Zen Centre (SZC, NSW), Macquarie University (MQ, NSW), Curtin University (WA), and Chemnitz University (Germany) with Zen teachers and scientists speaking and leading us in zazen, yoga, and questioning, to be held at Kodoji (unless flood or fire dictate otherwise).

**Presenters:**

**Sydney Zen Centre (SZC):**

Gilly Coote - <http://szc.org.au/about/our-teachers/>

Maggie Gluek - <http://szc.org.au/about/our-teachers/>

Carl Hooper - <http://bodhimountzendo.blogspot.com.au/p/teachers-carl-hooper-sensei-is-founder.html>

**Researchers:**

Prof Peter Sedlmeier - <https://www.tu-chemnitz.de/hsw/psychologie/professuren/method/Sedlmeier.html>

Peter Sedlmeier will also give a research seminar at the Centre for Cognition and its Disorders at Macquarie on Friday, 18th March at 12pm <https://www.ccd.edu.au/events>/

Dr Peter DeLissa - <https://www.ccd.edu.au/people/profile.php?memberID=183>

Dr Vince Polito - <https://www.ccd.edu.au/people/profile.php?memberID=243>

Dr Britta Biedermann - <https://www.ccd.edu.au/people/profile.php?memberID=178>

**And Yourself** – attendees will bring a curiosity about meditation.

**What to expect**

This weekend brings together (long-term) meditators and researchers, who want to learn from one another. What questions would meditators like to have answered from Cognitive Scientists or Neuroscientists? What questions have researchers for meditators? We are anticipating a weekend of curiosity, creativity and development of questions. One main aim is to understand both the scientific and the meditative perspective, and eventually ‘exchange and expand our view points’.

**What to bring**

You will need a sleeping bag, pillow, **a tent**, torch, warm and cool clothes and a hat, as the weather can be unpredictable at Kodoji. Please also bring a water bottle and some writing equipment, comfortable clothes to sit in and do yoga in, and closed shoes for walks around the land.

 **The venue**

Approx. 2.5 hours north-west of Sydney via Wiseman’s Ferry and St. Albans. Kodoji is 13 km beyond St. Albans

**Kodoji, Temple of the ancient ground, is the name of the Zen space:**

<http://www.tonycootearchitect.com/Tony_Coote_Architect/Kodoji_-_a_Zen_Temple.html>

Please note: Mobile reception is not very good around there – but there is a landline: 456822232.

**Transport**

Please let Britta know if you either can offer or need a lift to Kodoji.

(We ask passengers to pay drivers **$15** each way).

We will then coordinate and facilitate car pools. For those who have not been at Kodoji, we suggest to meet at St Albans (at the Settler’s Arms Inn - the only hotel in town) on Saturday morning, 12th March, between 9 and 9.30am – here: <http://www.settlersarms.com.au/location>

We will give weather updates closer to the time. If the weather is a problem, we will need to move to an alternative venue (**tba**).

**Payment**

SZC members and presenters: **$100**

Non-members: **$120**

This includes all meals. Food will be vegetarian, please let Britta know of any dietary requirements. Please bring your own choice of drink, and any chocolates to share ☺.

Please RSVP and pay the workshop costs by 1st of March into the Sydney Zen Centre bank account – there are only limited spaces available:

**Account name: Sydney Zen Centre**

**BSB 062 182**

**Account number: 1013 7103**

**Keyword: MN [your surname]** – e.g. MNBiedermann

**Program**

Saturday, 12th March

10-12.30: Arrival at Kodoji, introduction to the space, setting up tent/camp, lunch preparations and set out

12.30-2: Welcome to country and people, lunch + wash up, job allocations

2-3: Introduction to Zen meditation – posture and breathing techniques, Zen-specific rituals (Gillian Coote Roshi, Maggie Gluek Roshi)

3- 3.30: 5 minute walking meditation, 25 min sitting, 5 min walking

3.30: Afternoon tea

4 – 5.30: Introduction to scientific enquiry: ‘Tools’ to measure meditation, ‘problems’ when measuring meditation (Prof Peter Sedlmeier) – followed by Q&A

5.30: Dinner preparation – introduction to the outdoor showers

7: Dinner

9: Evening zazen, social time

Sunday, 13th March

7-8: Zazen & Yoga (Britta Biedermann, Emma Strapps?)

8.30: Breakfast + washing up

9.30 – 11: Hands-on demonstration on how to measure the brain/ behaviour, discussion of preliminary results – followed by Q&A  (Dr Peter DeLissa, Dr Vince Polito, Dr Britta Biedermann)

 (Morning Tea throughout)

11-12: Guided meditation walk around Kodoji / history of Kodoji (Gillian Coote Roshi)

12-1.30: Lunch + wash up

1.30-2 30: Meditation talk (Carl Hooper Sensei, Maggie Gluek Roshi) followed by Q&A

2.30-3: Sharing circle with afternoon tea

3: Clean and Pack up