 

Attendance

Part time

Rohatsu Sesshin

4 - 8 December 2015

Sydney Zen Centre

251 Young Street Annandale

Led by Maggie Gluek

Rohatsu Sesshin

Application Form

Name:

Address:

Phone/Mobile:

Email:

Previous meditation experience:

(non SZC member please specify)

Billet required: \_\_\_ Billet available: \_\_\_\_

Please note that Sydney Zen Centre cannot guarantee that a billet will be available. If not, attendees will need to find their own accommodation.

Cost

Full Time: Member $240

Non-Member $300

Blocks each: Member $16

Non-Member $20

Total

Amount: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number Blocks: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Amount: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Enquiries

Jane Andino, [janeandino@yahoo.com.au](mailto:janeandino@yahoo.com.au)

mobile 0432 355 831

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| --- | --- | --- | --- |
| Early Morning | **Morning** | **Afternoon** | **Evening** |
|  |  |  | **Friday**  x |
| Saturday | **Saturday** | **Saturday** | **Saturday** |
| Sunday | **Sunday** | **Sunday** | **Sunday** |
| Monday | **Monday** | **Monday** | **Monday** |
| Tuesday | **Tuesday** |  |  |

Rohatsu Sesshin

4 – 8 December 2015

*Rohatsu sesshin celebrates the Buddha’s awakening. The truth realised by the Buddha at that time is available to each and every one of us. All doubts are resolved! This moment outside of time is traditionally commemorated in time on the 8th of December.*

Our four-day non-residential sesshin begins on Friday evening 4 December and runs to Tuesday 8 December, and is held at the SZC at Annandale.

Participants can choose full-time or specific blocks (early morning, morning, afternoon, evening) on specific days. This flexible structure is designed to accommodate the demands of peoples’ busy lives, particularly at this time of the year.

**All participants are requested to attend Friday evening for the opening of sesshin.**

The schedule includes zazen, walking meditation, dokusan three times a day and teisho. Participants will be responsible for their own accommodation. While it may be possible to find billets, this cannot be guaranteed.

Participants will organise their own lunches. Suppers are provided on Saturday, Sunday and Monday evenings and breakfasts on Saturday, Sunday, Monday and Tuesday.

*Our Rohatsu sesshin is an opportunity for us to honour and realise for ourselves the Buddha’s path of practice and realisation.*

Sesshin Schedule

Our Rohatsu Sesshin will begin on Friday evening, with a brief orientation and welcoming words.

Maggie requests that all participants attend this session. Each full day of sesshin will begin at 6 am and conclude at 9 pm. On the final morning, we will celebrate the Buddha’s awakening and conclude around lunchtime.

**Day One: Friday Evening**

**7-9pm** orientation, welcoming words, Ti Sarana, zazen, kinhin

**Day Two: Saturday Sunday Monday**

**6-8am** zazen, kinhin and dokusan

**8-9.30am** meal gatha, breakfast/break

**9.30-12.30pm** sutras, zazen, kinhin, outside walking (weather permitting)

**12.30-2.00** meal gatha, lunch/break

**2-5pm** zazen, kinhin, practice talk, dokusan

**5-6.30pm** meal gatha, supper/break

**6.30-9pm** zazen, kinhin, teisho, dokusan, brief sutra service

**Day Five: Tuesday**

**6-8 am** zazen, kinhin and dokusan

**8-9.00am** meal gatha, breakfast/break

**9.30-11.30am** zazen, kinhin, dokusan, closing words,

end of sesshin sutra service and sharing circle.

**11.30am** meal gatha, lunch/break

To reserve your place, return the application form with full payment by Friday 28 November.

Please contact Jane Andino if you have special food/allergy requirements.

Cheque or money order payable to Sydney Zen Centre or electronic funds transfer to:

BSB 062-182, Account No. 1013 7103 \*

\*(Please note this is a new account number which has changed since we became incorporated in 2015*)*

In the EFT description box give your surname followed by ‘RO’

Please send receipt of payment and form to [janeandino@yahoo.com.au](mailto:janeandino@yahoo.com.au)

Or post to: Sesshin Coordinaator, SZC, 251 Young Street, Annandale NSW 2038