#### Application Form: SZC Spring Sesshin 2-9 October 2015

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Address**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Phone:** H: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ W:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Mob: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Email:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**In case of emergency, contact:**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Special factors:**

* If your financial situation makes it impossible for you to pay the applicable fee, please contact the sesshin coordinator *no later than 11 September* (i.e. 3 weeks before sesshin starts).
* If there are any medical or personal factors that may affect your participation, please note them. This information will be confidential to sesshin coordinator, teacher, and sesshin leaders.
* Medications or treatments required for specific medical conditions, allergies etc must be brought with you to sesshin as only basic first aid supplies are available.

**Special food requirements:** Food will be vegetarian. If you have specific requirements e.g. if you do not eat dairy products or eggs, if you require or prefer soy milk, if you have allergies to any foods-please specify *now*, so that our food shopping can take this into account. *It is too late to tell us once you are at sesshin*.

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**If you are not an SZC member, specify previous meditation experience**:

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**Do you have any medical or first aid training?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Attendance details: Full time, 2-9 October**  SZC member  Non-member

**Part time**: Number of days: \_\_\_\_\_\_ Arrival/Departure day and time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

All participants will begin sesshin together on Friday 2 October. For planning purposes we must have *both day and time* for part-time departures. When counting days for part-time enrolment, do not count first day,

2 October as a separate day. Add it to the part-day on which you are leaving and call that one full day.

 bvb

**Transport:**  I need transport  I can offer transport No. of seats: \_\_  I have a 4WD or Station Wagon

If you have your own plans or preferences about transport (e.g., travelling with another sesshin student), please give this information here. *Do not leave transport information blank*. If you do not give it now you will

 have to be asked later. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fees:** Full time:  SZC member $390  Non-member $505

Part time: SZC member $56 per day \_\_\_\_\_\_\_\_\_\_\_\_

 Part time: Non member $72 per day \_\_\_\_\_\_\_\_\_\_\_\_

 Additional donation: \_\_\_\_\_\_\_\_\_\_\_\_

 ***Total:*** \_\_\_\_\_\_\_\_\_\_\_\_

*If you wish to apply for the Anne Marie Buescher Scholarship, please check this box. The scholarship provides assistance in meeting sesshin fees to applicants who would otherwise not be able to afford to attend. If you check this box, you will be contacted by the Sesshin Coordinator to discuss your application.*

Organising a sesshin at Kodoji requires a large amount of volunteer labour, and late changes cause much extra work for volunteers and/or extra costs for SZC. *We ask you to note carefully the following deadlines and provisions, to which no exceptions will be made.*

* Fees are payable by 18 September (2 weeks before sesshin starts). Applications or payments received after this date incur a 10% additional fee.
* No applications will be accepted after 25 September (one week before), unless a cancellation occurs. Applicants who have not paid by 25 September will have their places cancelled.
* Except in the case of unforeseeable emergencies, no refunds will be made if you cancel after

25 September or if you leave sesshin earlier than your nominated time.

**Post this form to:** Sesshin Coordinator, SZC, 251 Young Street, Annandale NSW 2038

OR **send as an email attachment to:** janetselby@bigpond.com

Include full payment by one of the following methods (please indicate):

Cheque or money order payable to Sydney Zen Centre. Do not send cash.

 Electronic funds transfer to: BSB 062-182, Account No. 1013 7103 \*

In the EFT description box, give your surname followed by 'SE'. If you pay by EFT, print out and post, or email, a copy of the transfer details page which you receive from your bank at the time of making the transfer.

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

Spring

Spring Sesshin 2015

**Cost**SZC members $390, non-members $505.

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**Enquiries (Sesshin Coordinator)**

Janet Selby 0421 369 707

janetselby@bigpond.com
Application form on reverse.

A confirmation letter with information about Kodoji Temple and what you should bring to sesshin will be forwarded to you following the receipt of your application and payment.

*In the event of unforeseen circumstances*

*SZC may cancel sesshin*.

##### Sesshin 2015

Sesshin is an invitation to leave the tumbling, noisy, incessant world behind. At Kodoji, in the valley of beauty and wilderness, practising in deep silence and letting go of ideas and preoccupations creates opportunities to wake up moment by moment - to come home to the lyrebird's song, the starry heavens and the vastness of this universe.

To come home to your true self.

**Teacher**Gillian Coote Roshi, Sydney Zen Centre.

**Participants**Old-timers and new students alike are most welcome.  As traditional Zen sesshin involves seven or eight hours a day of zazen - sitting meditation - it is not suitable for people without previous meditation experience.  All participants will begin sesshin on Friday 2 October.

**Schedule**
Traditional sesshin offers countless opportunities for practice — zazen, kinhin, walking meditation in the bush, dokusan, teisho, sutras and samu (or work practice).

**Venue**Kodoji, or Ancient Ground Temple, is SZC’s retreat centre in the Upper Macdonald Valley, about 2 hours north-west of Sydney, via Wisemans Ferry and St Albans. It was built over the last twenty-five years by Sydney Zen Centre students. Kodoji sits in a beautiful valley called Gorricks Run, surrounded by high sandstone cliffs and deep wilderness. There is limited indoor accommodation; it is generally expected that sesshin students will pitch their own tents.



Spring comes with flowers,

autumn with the moon,

summer with breeze, winter with snow.

When idle concerns don’t hang in your mind,

that is your best season.

#### *- Wu-men Hui-k’ai (1183-1260)*

Friday 2 October–

Friday 9 October

(Includes long weekend)

251 Young Street Annandale NSW 2038

info@szc.org.au

www.szc.org.au