

Rohatsu Sesshin Application Form

Name:

Address:

Phone/Mobile:

Email:

Previous meditation experience:
(non SZC members 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 \$180
 Non-Member \$240

Blocks each: Member \$15
 Non-Member \$20

Total

Amount: \$ _____

Attendance

Part time

Indicate which blocks:

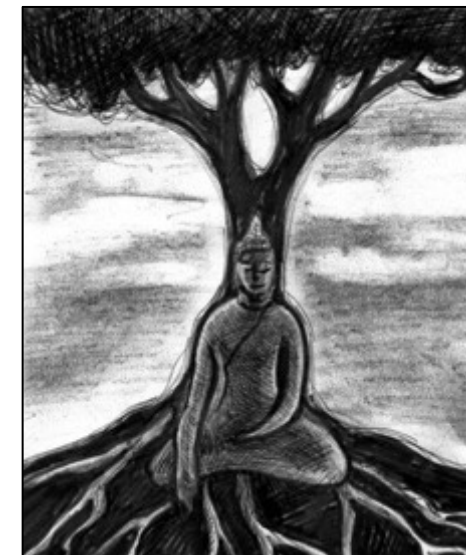
Morning	Afternoon	Evening
		Monday X
Tuesday	Tuesday	Tuesday
Wednesday	Wednesday	Wednesday
Thursday	Thursday	Thursday
Friday	Friday	Friday

Number Blocks: _____

Total Amount: \$ _____

Enquiries

Jane Andino, janeandino@yahoo.com.au
mobile 0432 355 831



Rohatsu Sesshin

3 - 7 December 2018

Sydney Zen Centre
251 Young Street Annandale

Led by Paul Maloney

Rohatsu Sesshin

3 - 7 December 2018

Yamada Roshi once said, "the basis and central focus of Buddhism is the enlightenment experience of Shakyamuni Buddha." Rohatsu (8 December) is normally the day on which we, together with Zen communities throughout the world, celebrate the Buddha's realisation. This year, however, our four-day Rohatsu sesshin will begin in the evening of Monday 3 December, and will conclude in the evening on Friday 7 December.

It will be held at the SZC at Annandale and will be non-residential. Participants can choose to attend full-time, or elect to attend for specific blocks (morning, afternoon, evening) on specific days. This flexible structure is designed to accommodate the demands of people's busy lives, particularly at this time of the year. We ask only that all participants attend on Monday evening for the opening of sesshin, unless explicitly excused. We also ask that you maintain your commitment by coming to each block that you have signed up for.

In this sesshin, the *kyosaku*, or wake-up stick, will be offered from time to time but given only when requested – by students wanting encouragement and stimulation when they are sleepy, or when their practice feels stale. The sounds made by the *kyosaku*, like all sense experiences, are full and complete in themselves, and a reminder to come back to the theme of our zazen.

The schedule will include zazen, walking meditation, dokusan and teisho. As this is a non-residential sesshin, participants will be responsible for their own accommodation. While it may be possible to find billets for out-of-towners, this cannot be guaranteed. Participants will also be responsible for their own lunches. Suppers will be provided on Tuesday, Wednesday, Thursday and Friday evenings.

Our Rohatsu sesshin is an opportunity for us to honour and realise for ourselves the Buddha's path of liberation.

Sesshin Schedule

Rohatsu sesshin will begin on Monday evening, with a brief orientation and some opening words. Paul requests that all participants attend this session.

Monday evening (attendance is compulsory unless explicitly excused)

7.00-9.00pm orientation, opening words, brief sutra service.

Tuesday to Friday

9.30-12.00 pm sutras, zazen, kinhin, outside walking (weather permitting)

12.00-2.00 meal gatha, lunch/break

2.00-5.00 pm zazen, kinhin, teisho, dokusan

5.00-6.30 pm meal gatha, supper/break

6.30-9.00 pm zazen, kinhin, dokusan, rest.

Closing Ceremony Friday 7 December

7pm zazen, kinhin, closing words, end of sesshin sutra service and sharing circle.

9.00 End of sesshin.

Rohatsu Morning Sitting Saturday 8 December

While our sesshin concludes on Friday 7 December, we encourage all our members to consider rising early on **Saturday morning, 8 December**, to sit in their home, or outdoors, alone or with friends, from **5:00 -5:45 am** (Sunrise at 5:37am) while contemplating, with gratitude, the Awakening of the Buddha Shakyamuni, that brought the light of the Dharma into the world.

To reserve your place, return the application form with full payment by 26 November. Please contact Jane Andino if you have special food/allergy requirements.

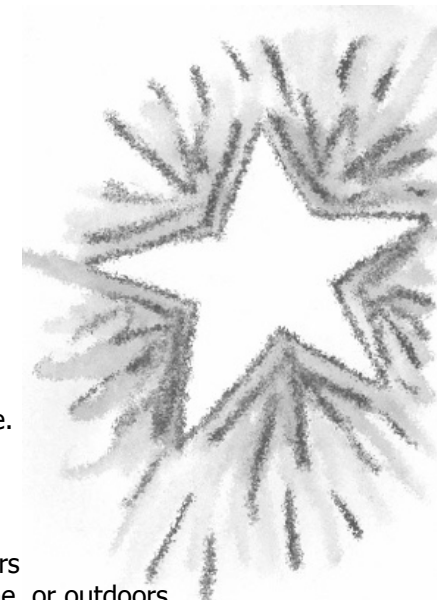
Cheque or money order payable to Sydney Zen Centre or electronic funds transfer to:

BSB 062-182, Account No. 1013 7103

In the EFT description box give your surname followed by 'RO'

Please send receipt of payment and form to janeandino@yahoo.com.au

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



In the event of unforeseen circumstances SZC may cancel this sesshin.