

# WINTER SESSHIN ANNANDALE

**SATURDAY 8 – 12 JUNE 2019**

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## PAUL MALONEY AND JANE ANDINO

This is a non-residential sesshin held at the Sydney Zen Centre, Annandale, led by Paul Maloney Roshi and Jane Andino, apprentice teacher.

Paul is a Diamond Sangha teacher with 50 years of experience of Zen practice in both Australia and Japan, and has been teaching at the Sydney Zen Centre since 2002.

Jane has been a student of Paul's for many years, and was invited to be an apprentice teacher in 2018. She is a leader in the Blue Mountains Zen Group, and also works as a musician.

There are three blocks of zazen per day: Morning, Afternoon and Evening.

Participants can sign up for any blocks, but are urged to take advantage of the long weekend and sign up for the full Saturday, Sunday and Monday sittings.

Attending the opening of sesshin on the Saturday morning is mandatory unless there are exceptional reasons not to.

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 Saturday, Sunday, Monday and Tuesday evenings.

The non-residential sesshins are a wonderful opportunity to integrate your zazen and work/home practice. As we move between blocks of zazen and the demands of a busy schedule, we experience the flow of the dance of the world.

In this sesshin we will be exploring the connection between zazen and our creative being, to find emptiness singing itself. In Hakuin Zenji's words: "Singing and dancing are the voice of the Law."

### COST

Full Time: SZC member \$210, Non-member \$280

Part time: SZC member \$15 per block, Non-member \$20 per block

Enquiries and bookings: Julie Robinson [julesandco@live.com.au](mailto:julesandco@live.com.au)

Mobile 0403 192 814



## Sesshin Schedule

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Winter sesshin will begin on Saturday morning with a brief orientation and some opening words. Paul and Jane request that all participants attend this session. Each full day of sesshin will begin at 9.30 am and conclude at 9.00 pm.

### **Saturday Morning (attendance is compulsory unless explicitly excused)**

**9.30am** orientation, opening words, brief sutra service.

### **Saturday to Tuesday**

**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.

### **Day 5, Wednesday**

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

**12.00-2.00** meal gatha, lunch/break

**2.00-5.00 pm** zazen, kinhin, teisho, dokusan, closing words, end of sesshin sutra service and sharing circle.

End of sesshin.

## Winter Sesshin 2019 Application Form

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Phone/Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

Previous meditation experience (non SZC members please specify):  
\_\_\_\_\_  
\_\_\_\_\_

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

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

**Cost** Full Time: SZC Member \$210 Non-Member \$280

Part time – indicate blocks below: SZC Member \$15 per block Non-Member \$20

| Morning   | Afternoon | Evening  |
|-----------|-----------|----------|
| Saturday  | Saturday  | Saturday |
| Sunday    | Sunday    | Sunday   |
| Monday    | Monday    | Monday   |
| Tuesday   | Tuesday   | Tuesday  |
| Wednesday | Wednesday |          |

**Total** \$ \_\_\_\_\_

To reserve your place, return the application form with full payment by Friday 31 May. Please contact Julie Robinson 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 'SE'

Please send receipt of payment and form to Julie Robinson: [julesandco@live.com.au](mailto:julesandco@live.com.au)

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