



# Spring Sesshin Kodoji 2020

Saturday 3 October -  
Saturday 10 October

*The central benefit of Zen in the context of the ordinary ups and downs of life  
is not in preventing the minuses and promoting the pluses,  
but in directing people to the fundamental reality  
that is not under the sway of ups and downs.*

- Muso Kokushi (1275 - 1351)

At Kodoji, in the valley of beauty and wilderness, practising in deep silence and letting go of ideas and preoccupations creates myriad 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.

**Teachers:** Gillian Coote Roshi and Will Moon, Apprentice Teacher, Sydney Zen Centre.

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 Saturday 3 October.

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

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.

**COVID safe:** This sesshin, for safe distancing there will be a limit of 17 participants. There is very limited indoor accommodation so students will pitch their own tents, bring their own masks and yoga mats. We will be COVID careful, with social distancing, taking great care preparing food, washing and sanitising hands, and when we sit we'd like you to wear a face mask. Importantly beforehand, if you have any cold/flu symptoms in the days leading up to the weekend please don't come. Anyone who develops respiratory symptoms during sesshin will be asked to leave.

**COST** Full Time: SZC member \$440 Non-member \$570  
Part time: SZC member \$63 per day Non-member \$81 per day

**Early bird date: 19 September 2020. Payment after this incurs a 10% additional cost.**



Enquiries: Janet Selby - [janetselby@bigpond.com](mailto:janetselby@bigpond.com) Mobile: 0421 369 707

*No applications will be accepted after 26 September (one week before), unless a cancellation occurs.*

*Applications who have not paid by 26 September will have their places cancelled.*

*Except in the case of unforeseeable emergencies, no refunds are payable if you cancel after 26 September or if you leave sesshin earlier than your nominated time.*

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

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