

ROHATSU SESSHIN

ONLINE/OFFLINE



Friday December 4 to Tuesday December 8

JANE ANDINO AND PETER BURSKY



This is an online sesshin held via Zoom and led by Jane Andino, apprentice teacher, and Peter Bursky, apprentice teacher. Jane has been a student of Paul Maloney Roshi 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. Peter has studied primarily with Subhana Baraghi Rōshi and Allan Marette Rōshi having originally come to meditation practice through Tibetan and Insight traditions. He found his true home with the Sydney Zen Centre in 2010 and was invited to become an apprentice teacher earlier this year. He is also a musician and student in the Ueda Sōko-ryū tradition of Chanoyu (Japanese Tea Ceremony).

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.

Rohatsu sesshin begins on Friday evening and closes at midday on Tuesday. There are four blocks of zazen per day: Early morning, Late morning, Afternoon and Evening. Participants can sign up for any blocks, but are urged to take advantage of the weekend and sign up for the full Saturday and Sunday sittings.

Attending the opening of sesshin on the Friday evening is mandatory unless there are exceptional reasons not to. This may be your first online sesshin so we want to ensure that you understand how the schedule will work, and can ask any questions about technical aspects before the sesshin begins.

The schedule will include online zazen, walking meditation, sutra recitation, optional daily yoga session, dokusan and a teisho every evening, all from the comfort of your own home. Please set up a quiet place in your home, so you can sit comfortably and without distraction.

Attending sesshin at home is a wonderful opportunity to integrate your zazen and work/home practice: we find how to be unbusy in all our activities.

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

COST Full Time: SZC member \$150, Non-member \$220
Part time: SZC member \$10 per block, Non-member \$15 per block

Enquiries and bookings: Diana Levy diana.r.levy@gmail.com

Sesshin Schedule

Rohatsu sesshin begins on Friday evening with a brief orientation and some opening words. Jane and Peter request that all participants attend the Friday evening session, unless exemption has been arranged.

FRIDAY EVENING – Day 1

7.00 – 7:30pm	Zazen and kinhin ... Video on 6.55 pm
7.30	Guidelines followed by zazen and kinhin
8.30	Teachers welcoming words
8.45	Ti Sarana
9.00	Retire

SATURDAY to MONDAY – Days 2 to 4

EARLY MORNING BLOCK

5.30-5.55 am	Exercise/Prepare Tea ... Video On 5.50 am	
5.55-6.00 am	Tea/ Verse of Rakusu	LEADERS MEETING
6.00-6.30 am	Zazen and kinhin	
6.30-7.00 am	Sutras	8.30-8.45 am
7.00-9.00 am	Breakfast and Samu	

MORNING BLOCK

9.00-10:30 am	Zazen and kinhin	SUPPORT MEETING
10.30-11.00 am	Outside kinhin (weather permitting)	9.00-9.15 am
11.00-11.30 am	Zazen ... Video on 11.25 am	DOKUSAN
	OR Yoga with Diana ... Video On 10.55 am	Peter
11.30-12.00 pm	Zazen / Meal Gatha ... Video on 11.25 am	9.30-10.30 am
12:00-2.00 pm	Lunch and rest	

AFTERNOON BLOCK

2.00-3.30 pm	Zazen and kinhin	
3.30-4.00 pm	Outside kinhin (weather permitting)	DOKUSAN
4.00-4.30 pm	Zazen and kinhin ... Video On 4.25 pm	Jane
4.30-5.00 pm	Reading	3.00-4.00 pm
5:00-7.00 pm	Supper and rest	

EVENING BLOCK

7.00-7.30 pm	Zazen and kinhin ... Video On 6.55 pm
7.30-8.15 pm	Teisho and discussion
8.15-8.45 pm	Zazen and kinhin
8.45-9.00 pm	Evening Sutras
9:00 pm	Retire

TUESDAY – Day 5

EARLY MORNING BLOCK

5.30-5.55 am	Exercise/Prepare Tea ... Video On 5.50 am
5.55-6.00 am	Tea/ Verse of Rakusu
6.00-6.30 am	Zazen and kinhin
6.30-7.00 am	Sutras
7.00-9.00 am	Breakfast and Samu

MORNING BLOCK

9.00-10.30 am	Zazen and kinhin	DOKUSAN
10.30-11.00 am	Outside kinhin (weather permitting) ... Video On 10.55 am	Peter
11.00-12.00 am	Closing words, end of sesshin Sutra service and sharing circle.	9.30-10.30 am

APPLICATION FORM

Name: _____ Address: _____

Phone: _____ Email: _____

Previous meditation experience (non SZC members please specify):

Cost Full Time: SZC Member \$150 Non-Member \$220

Part time – indicate blocks below: SZC Member \$10 Non-Member \$15 per block

Number of blocks _____ Total \$ _____

Early Morning	Morning	Afternoon	Evening
			Friday X
Saturday	Saturday	Saturday	Saturday
Sunday	Sunday	Sunday	Sunday
Monday	Monday	Monday	Monday
Tuesday	Tuesday		

To reserve your place, return the application form with full payment by Friday 27 November.

Please email Diana Levy about an alternative payment method if EFT isn't an option for you.

Electronic funds transfer to:

BSB 062-182, Account No. 1013 7103

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

Enquiries and bookings: Diana Levy diana.r.levy@gmail.com