

ROHATSU SESSHIN

ANNANDALE

Friday December 1 to Wednesday December 6, 2023



LED BY MAGGIE GLUEK

Rohatsu celebrates the Buddha's awakening. This moment outside of time is traditionally commemorated in time on December 8. At sesshin we commit ourselves in turn to the Buddha's timeless path of practice and realisation.

Our five-day non-residential sesshin will be held at Sydney Zen Centre, 251 Young Street, Annandale, beginning Friday evening December 1 and running through lunchtime on Wednesday December 6. There will be a final online sitting in the early morning of December 8, the date of Rohatsu proper.

Participants can choose to attend full-time or in specific blocks (early morning, morning, afternoon, evening) on specific days. This flexible structure is designed to accommodate the demands of peoples' busy lives, particularly at this time of year.

The schedule includes zazen, walking meditation, sutra recitation, dokusan and teisho.

All participants are asked to attend Friday evening for the opening of sesshin, unless there are exceptional reasons not to.

Supper will be provided Saturday-Tuesday evenings, and breakfast on Saturday-Wednesday mornings.

COST Full time: \$350 for members and \$450 for non-members
Part time: \$20 per block for members and \$25 for non-members.

Enquiries: jillsteverson@gmail.com

**Please return application form with full payment by November 24.
Late applications create difficulties for planners.**

SESSHIN SCHEDULE

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

Friday Evening:

7-9 pm orientation, welcoming words zazen

Saturday--Sunday

6:30-8am Tea, zazen and kinhin

8-9:30am Breakfast/Break

9:30-12:30pm Sutras, zazen, kinhin, outdoor walking (weather permitting), dokusan

12:30-2pm Lunch/Break

2-5pm Zazen, kinhin, teisho, dokusan, reading

5-6:30pm Supper/Break

6:30-9pm Zazen, kinhin, dokusan, brief sutra service

Monday-Tuesday

As above except that teisho will be in the evening

Wednesday

6:30-8am Tea, zazen, dokusan

8-9 am Breakfast/Break

9-11:30am Zazen, kinhin, dokusan

Closing words, end of sesshin sutra service and sharing circle



APPLICATION FORM

Name: _____

Address: _____

Phone: _____ Email: _____

Previous meditation experience (non SZC members please specify):

COST

Full time: \$350 for members and \$450 for non-members

Part time: \$20 per block for members and \$25 for non-members.

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	Tuesday	Tuesday
Wednesday	Wednesday		

To reserve your place, return the application form with full payment by November 24.

Please email Jill Steverson 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: Jill Steverson jillsteverson@gmail.com