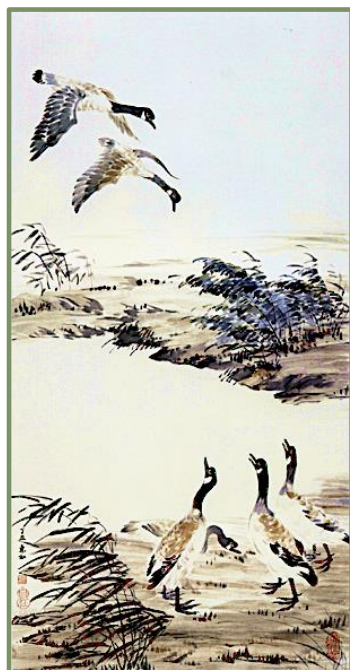


Zen, Qigong and Being Here

AUTUMN SESSHIN, KODOJI



THURSDAY 28 MARCH - THURSDAY 4 APRIL 2024



ZEN TEACHERS

SUBHANA BARZAGHI & ROBERT ROSENBAUM

Subhana Barzaghi has been practicing Buddhist meditation for 45 years. She leads Zen sesshins and is a guiding teacher for SZC and MZG. Subhana is the Director of Insight Meditation Institute and leads Insight Meditation retreats; the two-year Mindfulness & Compassion Teacher Training course; and the five-year Insight Dharma Teacher Training & Mentoring Program. Subhana is an experienced psychotherapist and clinical supervisor in private practice.

Robert Rosenbaum is a long-term Zen practitioner and Qigong master, Spiritual Director of Meadowmind, Sacramento, California. He began learning Dayan Qigong (Wild Goose Qigong) from Master Hui Liu in 1990, and teaches Qigong in US, Finland and Melbourne. He is author of a number of books: *That is not your Mind – Zen Reflections on the Suragama Sutra*; *Walking the Way – 81 Encounters with the Tao Te Ching*; and *Zen & the Heart of Psychotherapy*.

Sesshin is an invitation to experience the ancient buddha way. To sit at Kodoji is to know the compassion of the valley, the wisdom of the cliffs, the intimate fellowship of clouds and birds and grassy paddocks. To sit in community with sangha companions is to mutually encourage one another. Thus, amply supported, one can expand into the depths of practice. Zazen - memorably described by Dogen as the dharma gate of great ease and joy - opens the door. Endless heartache can be put to rest. Old-timers and new students alike are most welcome.

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 thirty-five years by Sydney Zen Centre students.

Limited accommodation is available if you require it. Most participants prefer to bring their own tents and camp in the paddock. We can provide some mattresses.

Qigong promotes wellness by promoting the healthy functioning of the acupuncture meridians – removing blockages and improving the flow of qi, “vital energy.” Wild Goose Qigong is one of the most ancient qigong forms as well as one of the most comprehensive. It includes warm-up exercises, acupressure self-massage, two sequences of 64 movements each, and Taoist/Zen meditation.

Bob sees the sitting meditation of zazen and the moving meditation of qigong as two complementary expressions which mutually reinforce the natural practice of the Way in ordinary, everyday activity.

Early Bird Fee: Full Time SZC member \$625 Non-member \$775

Part time SZC member \$90 per day Non-member \$110 per day

Payment due: 7 March 2024. Payment after this incurs a 10% additional fee.

Part-time attendance must be from Day 1 and for a minimum attendance of 4 days.

Contact: Julie Robinson julesandco@live.com.au 0403 192 814

Application Form: SZC Autumn Sesshin 28 March – 4 April 2024

Bookings: Applications are now open for members and non-members. Priority will be given to SZC & MZC members who apply for full-time places, followed by non-members applying for full-time.

There will be limited part-time places available.

Closing date: Thursday 29 February 2024 (4 weeks before)

Name: _____

Address: _____

Phone: _____

Email: _____

In case of emergency, contact:

Name: _____ Phone: _____

If you are not an SZC member, please specify your previous meditation experience, you may be contacted about your application: Depending on your experience you may be asked to attend SZC Orientation.

Special factors:

If your financial situation makes it impossible for you to pay the applicable fee, please contact the sesshin coordinator no later than **7 March** (3 weeks before sesshin starts).

Medications or treatments required for specific medical conditions, allergies etc. must be brought with you to sesshin as only basic first aid supplies are available.

Personal factors:

For your safety and comfort, and in consideration of other participants, we ask that you let us know about any medical, physical, personal, or psychological issues that may affect your participation in sesshin.

All information will be kept confidential.

Special food requirements: Food will be vegetarian. If you have specific requirements e.g. if you do not eat dairy products or eggs, if you require or prefer soy milk, if you have allergies to any foods-please specify now, so that our food shopping can take this into account. It is too late to tell us once you are at sesshin.

Do you have any medical or first aid training? _____

Attendance details: Full time, 28 March – 4 April ☐ SZC member ☐ Non-member

☐ Part time: Number of days: _____ Departure day: _____

All participants will begin sesshin together on Thursday 28 March. All departures will be after 3pm. When counting days for part-time enrolment, do not count the first day, 28 March as a separate day. Add it to the part-day on which you are leaving and call that one full day.

Transport: ☐ I can offer transport No. of seats: ____ ☐ I have a 4WD/Station Wagon

☐ I need transport

We appreciate as many cars/drivers as possible. We will organise car-pooling but cannot guarantee your transport until closer to sesshin. If you have your own plans about transport (e.g. travelling with another sesshin student), please give this information here. Do not leave transport information blank.

If you do not give it now, you will have to be asked later.

Fees: Full time: ☐ SZC member \$625. ☐ Non-member \$775

Part time: SZC member \$90 per day _____

Part time: Non-member \$110 per day _____

Add 10% if paying after early bird date 7 March _____

Additional donation/dana: _____

Total: _____

Dana: In accordance with a 2,500-year-old Buddhist tradition, Zen teacher Robert Rosenbaum provides the teachings as a gift (dana) and relies on your return of that gift in the form of financial support.

☐ If you wish to apply for the Anne Marie Buescher Scholarship, please check this box. The scholarship provides assistance in meeting sesshin fees to applicants who would otherwise not be able to afford to attend. If you check this box, you will be contacted by the Sesshin Coordinator to discuss your application.

Closing of applications:

All fees must be paid in full by **Thursday 7 March** (three weeks before sesshin starts).

After 7 March: no applications will be taken unless a cancellation occurs, and, except in the case of unforeseeable emergencies, no refunds will be made if you cancel or if you leave sesshin earlier than your nominated time.

Please return your application as an email attachment to Julie Robinson: julesandco@live.com.au

Payment: Please make your payment by electronic funds transfer to:

Sydney Zen Centre limited BSB: 062 182 Account No: 1013 7103

In the EFT description box, please give your surname followed by the tag 'SE'.

Completed application forms:

Please return your completed application form and a copy of your payment receipt via email to Julie Robinson. When we have processed the applications, Julie will confirm if you have a place, and provide more information about Kodoji, and what you should bring to sesshin.

Backup plan / cancellation of sesshin:

If flooding prevents us from accessing Kodoji, our backup plan is to relocate the sesshin to our Annandale zendo during the daytime, with early morning and evening blocks online. We will provide a refund option for participants who might find these arrangements impractical.

For more information, please contact Julie Robinson: julesandco@live.com.au 0403 192 814

