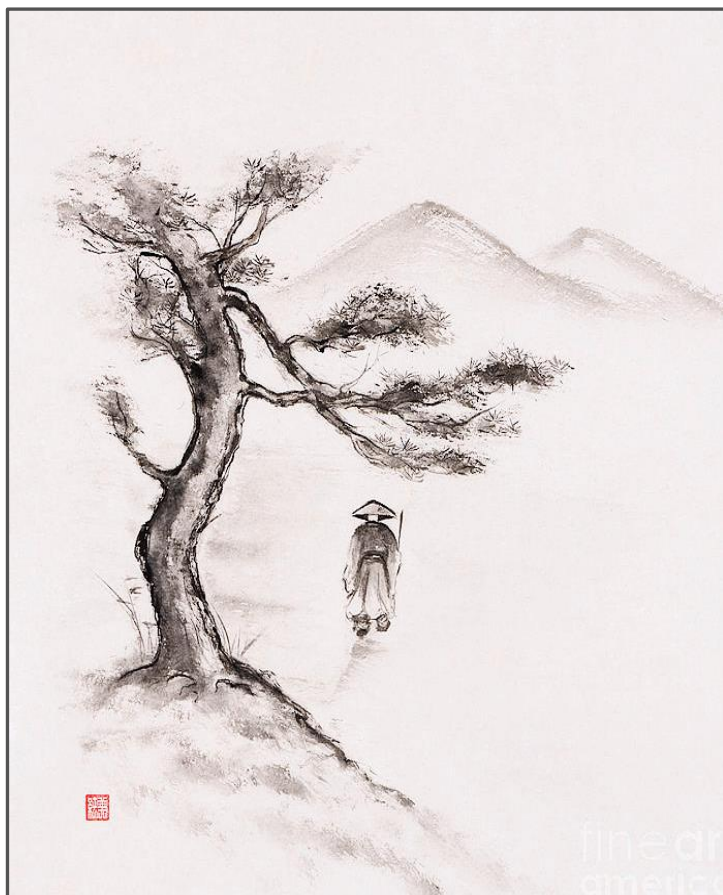


# WINTER SESSHIN

ANNANDALE

Friday June 7 to Wednesday June 12, 2024



## LED BY JANE ANDINO

*"The Great Way has no gate; there are a thousand different paths."  
(Wu-Men).*

*Let us explore together the path of the wayfarer. At sesshin we commit ourselves 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 June 7 and running through to lunchtime on Wednesday June 12.

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.

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:** [lettersforsean@yahoo.co.jp](mailto:lettersforsean@yahoo.co.jp)

**Please return application form with full payment by May 31.**

**Late applications create difficulties for planners.**

## WINTER SESSHIN 2024

# SESSHIN SCHEDULE

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

### Friday Evening:

7-9pm orientation, welcoming words, zazen

### Saturday--Monday

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

### 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



Image: Tao, from Journey of a Nobody

# 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 <b>X</b>
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 May 31.

Please email Sean Loughman 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:** Sean Loughman [lettersforsean@yahoo.co.jp](mailto:lettersforsean@yahoo.co.jp)