

ROHATSU SESSHIN

ANNANDALE

Wednesday December 3 to Monday December 8, 2025



LED BY
MAGGIE GLUEK



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

*The moon of mind, the flower of eyes,
are bright and beautiful
Opening since time beyond kalpas,
endlessly—who will play with them?*

Keizan

Our five-day non-residential sesshin will be held at Sydney Zen Centre, 251 Young Street, Annandale, beginning Wednesday evening 3 December and running through late morning on Monday 8 December.

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 Wednesday evening for the opening of sesshin, unless there are exceptional reasons not to.

Suppers will be included from Thursday through Sunday, breakfasts from Thursday through Monday.

COST Full time: \$400 for members and \$470 for non-members
Part time: \$22 per block for members and \$26 for non-members.

Enquiries and bookings:

Sophie Zaccone sophie.kathryn@icloud.com

Please return application form with full payment by November 26.
Late applications create difficulties for planners.

SESSHIN SCHEDULE

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

Wednesday Evening:

7-9 pm orientation, welcoming words zazen

Thursday to 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

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



Ink and watercolour paintings by Janet Selby

APPLICATION FORM

Name: _____

Address: _____

Phone: _____ Email: _____

Previous meditation experience (non SZC members please specify):

COST

Full time: \$400 for members and \$470 for non-members

Part time: \$22 per block for members and \$26 for non-members.

Number of blocks _____ Total \$ _____

Early Morning	Morning	Afternoon	Evening
			Wednesday X
Thursday	Thursday	Thursday	Thursday
Friday	Friday	Friday	Friday
Saturday	Saturday	Saturday	Saturday
Sunday	Sunday	Sunday	Sunday
Monday	Monday		

To reserve your place, return the application form with full payment by November 26.

PayID: info@szc.org.au

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