

Winter 2010 Five-Day Sesshin Application

7 p.m. Tuesday, 12 through 5 p.m. Sunday, January 17, 2010

Fee: \$200 members, \$250 non-members. Full payment is due with this application by January 4.

Full-time attendance is strongly encouraged. On a space-available basis, part-time applications will be accepted. **We need applications** from every student for each sesshin. If you have a prior application on file--and no information has changed--simply fill out the required lines (indicated by asterisks **). **Jihatsu sets** (traditional monastery bowls) with wrappings are available for \$65. You may buy your own through the Sangha Supplies Area and take them home for future use, or borrow a set from Hoen-ji. To arrange this, leave a message with Jikyo, 492-6341. Please let us know early if you wish to purchase them rather than borrowing from Hoen-ji.

**Name _____ **Dharma Name if any _____

**Full-time? _____ Part-time only? If so, which days? _____

**Telephone (home) _____ (work) _____

**Email _____ Address _____

**Do you already have (or are you purchasing) your own jihatsu? _____

**Are you willing to bring some sesshin food? _____ (If so, the tenzo will contact you)

**Do you plan to sleep at home? _____ (If so, be sure to be at the Zen Center by 5:20 a.m. daily)

**Do you need a chair? _____ If so, for some sittings or all? _____

**When did you begin practicing at Hoen-ji? _____

** If you have received precepts, when? _____ Have you done sesshin or other retreats elsewhere? If so, where and when? _____

Any health issues we should know about? _____

Any dietary restrictions? (all meals are vegetarian; dairy products offered separately). _____

Return the top section of this application to arrive by January 4 with your payment in full, either leaving it in the dues/donations box or mailing it to the Zen Center. If applying by email, follow with your payment (must be received by January 4 to hold your place).

Information

When you arrive, park your car as close as possible to the car just before yours. Keep it locked. If you plan to stay over at the Zen Center, bring your own sleeping bag, mat, pillow, towel and overnight bag. If you don't have a zazen robe, dress in dark, loose, comfortable, clean clothing without patterns or words. Don't wear jewelry or watches in the zendo. No fragrances of any kind, please. Be sure your clothes do not have residue of perfume or cologne. If you have a cat, bring clothing that is free of cat dander. Everyone will need slip-on shoes for walking to and from the Dharma Hall for dokusan and the Residence Hall for meals.