

## Bendoho Retreat

### GENERAL INFORMATION

Adekate Fellowship Centre

Melways Ref.: Map 507, F9

Located approximately 120 kms (about 1—1½ hours) from Melbourne, 20 kms from Ballarat, 7 kms from Creswick

### Tradition

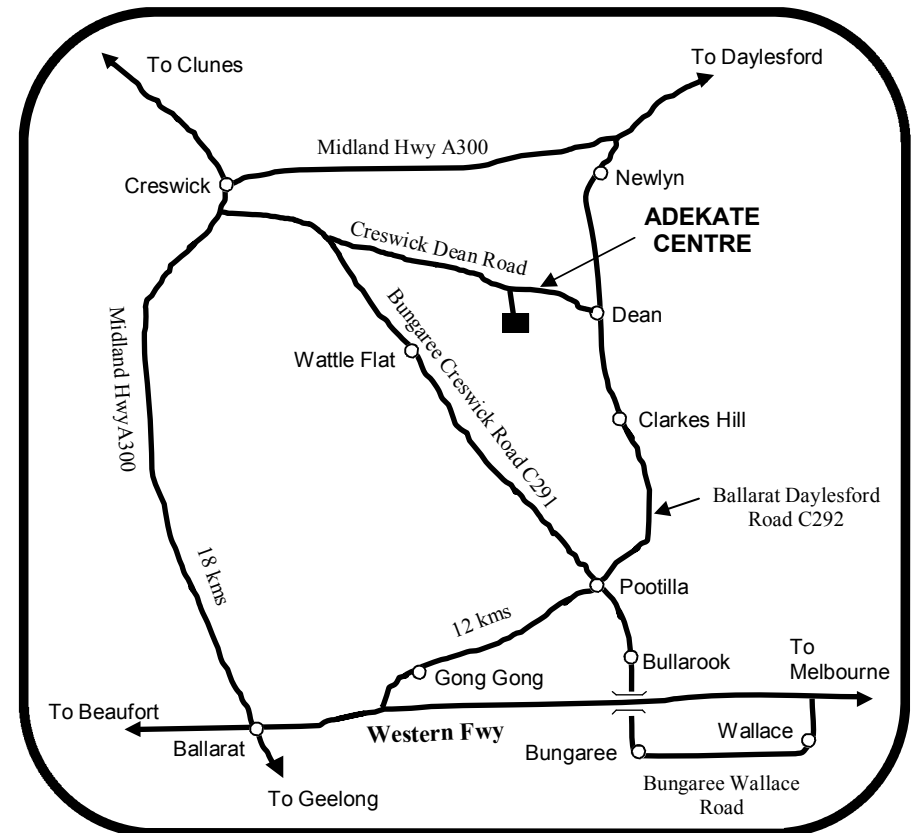
Ekai Korematsu Osho teaches in accordance with 'Bendoho', the authentic Zen practice method prescribed by Dogen Zenji the founder of the Soto School and its head temple, Eihei-ji, in Japan in the 13th Century.

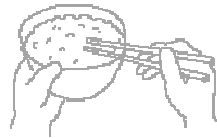
### General Inquiries (Melbourne)

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*Jikishoan Zen Buddhist Community Inc. is incorporated under the Associations Incorporation Act 1981. Registered No. A0037927K. Jikishoan is not required to be registered for GST.*





### Arrival/Departure

Arrival: By 6.00pm on the first day.

Departure: 2.00pm on the last day.

A light evening meal is served on the first evening and it is important to arrive at the designated time. You may arrive earlier in the afternoon, in which case you may wish to help set up the venue.

### Payment

Please complete payment for your booking during registration time when you arrive at Retreat. Only financial members of Jikishoan and those enrolled in a Jikishoan Integrated Buddhist Studies Course are eligible for the Member Rate. Cheques should be made payable to:

**Jikishoan Zen Buddhist Community** (made out in full please)

### Schedule

Please bring a copy of the Bendoho Retreat Schedule. You may need to refer to it during the Retreat. A copy of the Retreat Schedule will also be posted at the venue.

### Accommodation

Shared rooms (2-4 beds each). No single rooms. If you know you snore, please advise on the Application Form by ticking the relevant box.

Please bring your own linen (blankets and pillow provided if you wish to use them). There is heating in the rooms, however during the cold season you may wish to bring extra blankets and a hot water bottle.

As they pose a fire risk, participants are asked not to burn candles in rooms; you may wish to bring a small desk lamp or a torch instead.

### Clothing

Warm, dark or black plain clothing, shawls etc. for sitting. Please note that hats are not worn in the zendo. Wet weather gear if you intend doing outside walking activities. You may bring your own zafus, zabutons and oryoki set if you prefer to use your own, otherwise these items will be provided by Jikishoan.

### Showers

You will be advised of shower times during the orientation period.

### Meals

All meals are vegetarian. Formal oryoki practice is used at breakfast and lunch. Dinner is usually informal. Please advise in advance on the Application Form if you have special dietary needs for medical reasons.

### Meditation Hall (Zendo)

The zendo (meditation room) is the centre of our individual and combined spiritual practice. The only items in the zendo are our sitting cushions (zafu), mats (zabuton) and necessary clothing for warmth. Food, drink, books, writing materials, tape recorders, cameras, phones etc. are left outside. The zendo is kept silent, clean and sparse at all times. Entering the zendo is preceded by a bow (gassho).

### Samu (work practice)

Participants are assigned to a Ryo (work practice group). There are five main Ryo groups on Retreat: Ino Ryo (Zendo), Tenzo Ryo (Kitchen), Sogu Ryo (Servers), Shu Ryo (General/Cleaning/Gardening) and Jisha Ryo (Teacher's Assistant). You may indicate a preference at the time of application.

### Dokusan

Dokusan is the opportunity to have one on one communication (personal interviews) with the teacher, and this is the time to ask specific questions about your practice or any other matters of concern.

### Smoking

Smoking is not allowed during the Retreat.

### Silence

Practice in silence is encouraged to help maintain personal focus. This does not apply during the discussion times.

### Use of Cameras and Phones

Use of cameras and phones should be limited and with permission of the subject(s), respecting the privacy of Retreat attendees. Cameras, phones and watches should not be taken into the zazen areas. Phones should be off in quiet areas and useage limited.

### Dana

Traditionally, dana, a gift between student and teacher, is made as a gesture of gratitude toward the teacher, as the Retreat fee covers only food, accommodation and basic expenses. It is by no means compulsory but will be gratefully accepted to assist in the livelihood of the teacher. Dana is usually given via a dana box.

### Phones

Mobile coverage is not reliable. A pay phone is provided near the kitchen.

#### Emergency Contacts:

**(03) 5334 5293 (camp kitchen); or  
(03) 5334 5312**