

Zen Retreat R73

7 Days Residential

GENERAL INFORMATION

Retreat Dates and Times

Sun 13 August, 6pm — Sun 20 August, 2pm

Venue

Casa Pallotti Retreat Centre

85 McNamaras Road, Wesburn VIC 3799.

Located approximately 80 km (about 1.25 hours' drive) from Melbourne.

Teacher

Ekai Korematsu Osho leads this retreat, teaches, and conducts interviews in accordance with the Soto Zen tradition.

General Enquiries

Coordinator, Tony Crivelli, M: 0408 696 645

C-course@jikishoan.org.au

or Shona Innes, M: 0421 285 338

contact@jikishoan.org.au

Postal Address: Jikishoan Zen Buddhist Community

PO Box 196, Heidelberg West, Vic 3081

www.jikishoan.org.au

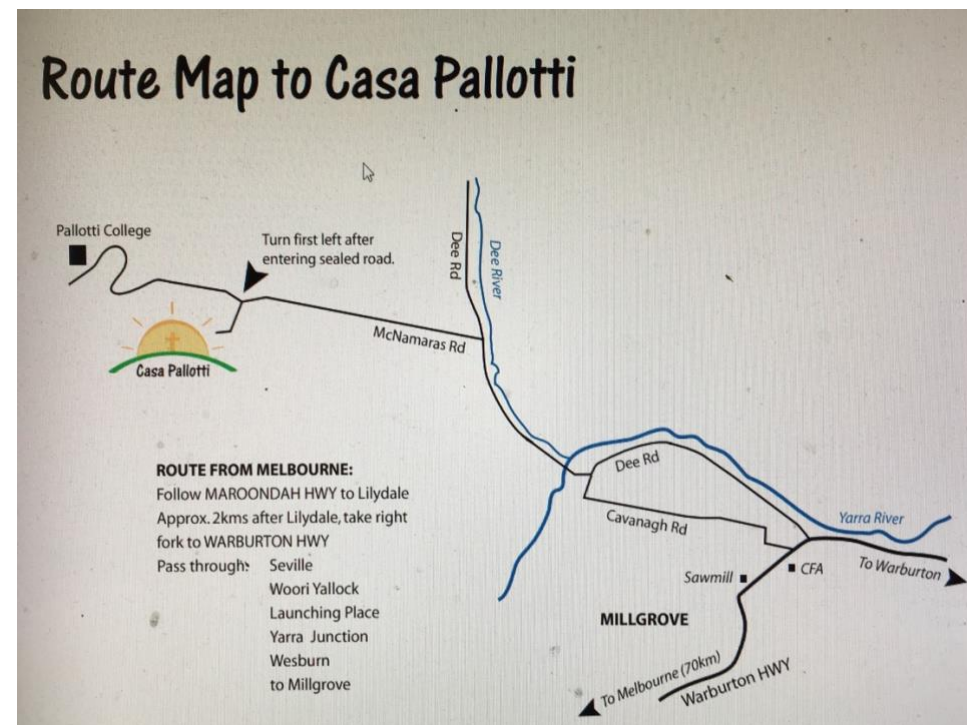
Jikishoan Zen Buddhist Community Inc. is Incorporated under the Associations Incorporation Reform Act 2012.

A.C.N. No. A0037927K Jikishoan is not required to be registered for GST. ABN 15 890 129 251

Route to Retreat Venue

Casa Pallotti Retreat Centre for Youth and Families

P: (03) 5966 2416 E: enquiries@casapallotti.com.au



Arrival

Plan to arrive at the venue by 6 pm on the first day. A light evening meal will be served that evening. If you happen to arrive earlier in the afternoon, you may wish to help set up the venue.

Departure

On the last day, check out is by 2pm.

Payment

Complete payment for your booking during registration time when you arrive at the retreat. Only Jikishoan and student members are eligible for the members' rate.

Retreat Schedule (below)

You may need to refer to it during your stay. A copy of the schedule will be posted at the venue.

Accommodation

Only shared rooms are available. If you are a snorer, please indicate this on the application form by ticking the relevant box. Please bring your own linen (sheets, pillow, doona, etc. and towels. There is heating in the rooms; however, you may wish to bring extra blankets and a hot water bottle.

Clothing

Dark or plain loose clothing is recommended. Bring your practice robe, if you have one. If you plan to participate in outdoor walking activities, bring wet weather gear.

Meals

All meals served during the retreat are vegetarian. Formal oryoki practice is used at breakfast and lunch, while dinner is informal. If you have any special dietary needs for medical reasons, please let us know in advance by indicating this on the application form.

Showers

Time for showers will be advised.

Use of Cameras and Phones

Use of cameras and phones is to be limited, unless authorized.

Meditation Hall

You can use your own zafus, zabutons, and oryoki set. Otherwise, these items will be provided.

Dokusan

Dokusan is an opportunity to have a face-to-face interview with the teacher.

Dana

Dana is a practice of offering to the teacher.

Emergency contact

Provide the name, phone number, and email address of two people. This person should be willing and able to be contacted in case of an emergency during the retreat.

R73 ACTIVITIES / SCHEDULE (Sajo) (subject to change)

Arrival Day

2.00pm: Registration upon arrival
6.00pm: Supper signal — Clappers. A light meal is available.

Kokon Activities (first night):

7.00pm: Kinhin signal — Han (3 hits)
7.10pm: Zazen (facing in), signal — zazen bell (3 hits)
7.45pm: Kinhin
7.50pm: Zazen/meeting (coordinators)
8.10pm: Zazen and kinhin (10 min), end with prostrations
8.30pm: Retreat meeting — orientation
9.30pm: Bedtime — lights-out, signal — hand bell

Daily Schedule

Gyoten Activities:

4.00am: Wake-up bells (except 5.00am on the first morning)
4.20am: Kinhin
4.30am: Zazen (facing in)
5.00am: Kinhin
5.10am: Zazen
6.00am: Robe chant and end zazen with kinhin
6.15am: Morning service
6.45am: Formal Oryoki breakfast
7.45am: Samu (work practice)

Soshin Activities:

8.45am: Chosan (prostrations, tea, study)

Guchu Activities:

10.20am: Kinhin
10.30am: Zazen
11.00am: Kinhin
11.10am: Zazen
11.35am: Kinhin/lunch server's preparation
11.45am: Noon service
12.00pm: Formal Oryoki lunch

Saiha Activities:

1.20pm: Personal time/resting
2.20pm: Group tea
3.00pm: Teisho (formal teaching)
4.30pm: Recess (20 min)

Hoji Activities:

4.50pm: Kinhin
5.00pm: Zazen
5.40pm: Kinhin
5.50pm: Zazen
6.30pm: Kinhin
6.35pm: Evening service
6.45pm: Supper (informal)

Kokon Activities:

7.45pm: Kinhin
8.00pm: Zazen
8.45pm: Kinhin
9.00pm: Prostrations

Departure Day

Gyoten Activities:

4.00am: Wake-up
4.20am: Kinhin
4.30am: Zazen (facing in)
5.00am: Kinhin
5.10am: Zazen
6.00am: Robe chant and end zazen with kinhin
6.10am: Chanting service
6.30am: Oryoki breakfast
7.30am: Samu (work practice)

Soshin Activities:

8.45am: Chosan (prostrations, tea, exit ceremony)

Guchu Activities:

11.00am: Samu — (work practice)
12.00pm: **Final lunch**
1.00pm: Pack up and leave by 2pm.