

# Zen Retreat R75

## 7 Days Residential

### GENERAL INFORMATION

#### Retreat Dates and Times

Sun 14 April, 6pm — Sun 21 April, 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. Ekai Osho 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](mailto:C-course@jikishoan.org.au)

or Katherine Yeo m: 0422 407 870

[contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)

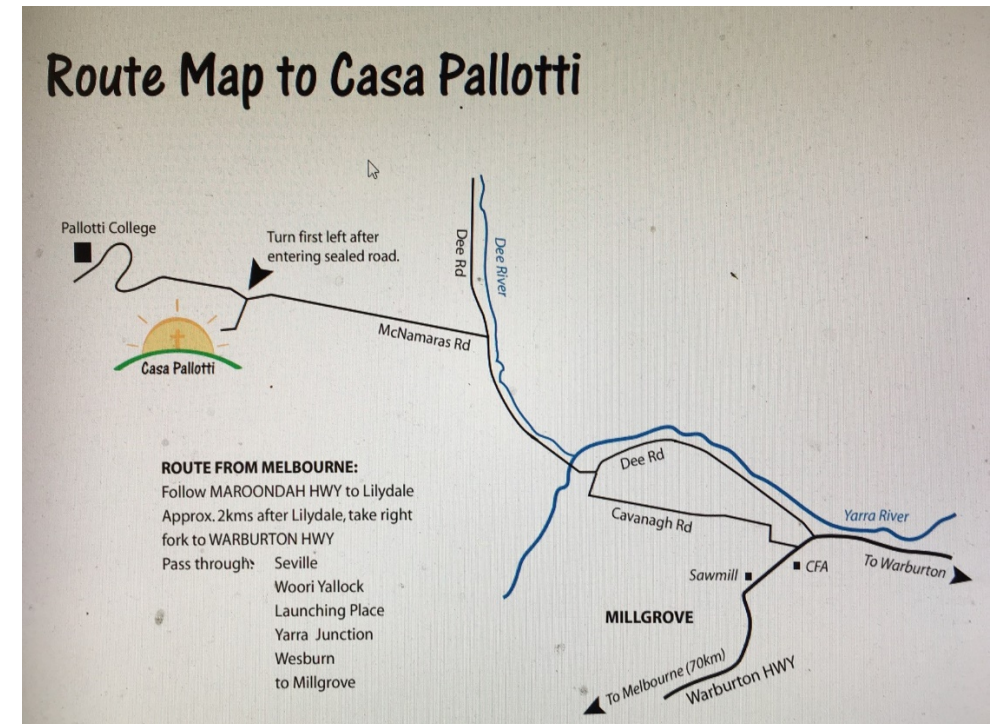
**Postal Address:** Jikishoan Zen Buddhist Community  
PO Box 196, Heidelberg West, Vic 3081

[www.jikishoan.org.au](http://www.jikishoan.org.au)

#### Route to Retreat Venue

Casa Pallotti Retreat Centre for Youth and Families

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

Newcomers are expected to arrive by 6 pm on the first day and participate for at least three days.

#### Departure

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

## **Payment**

Costs to attend the retreat are found in the Retreat brochure. Please complete payment for your booking during registration time when you arrive at the retreat or pay by EFT in advance.

## **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.

## **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. Bring your Oryoki set, if you have one. If you have any special dietary needs for medical reasons, indicate this on the application form.

## **Showers**

Time for showers will be advised.

## **Use of Phones**

Phones during retreat should be limited to essential needs.

## **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.

**RETREAT 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.