

Zen Retreats 2024

7 Days Residential

GENERAL INFORMATION

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

or Katherine Yeo m: 0422 407 870

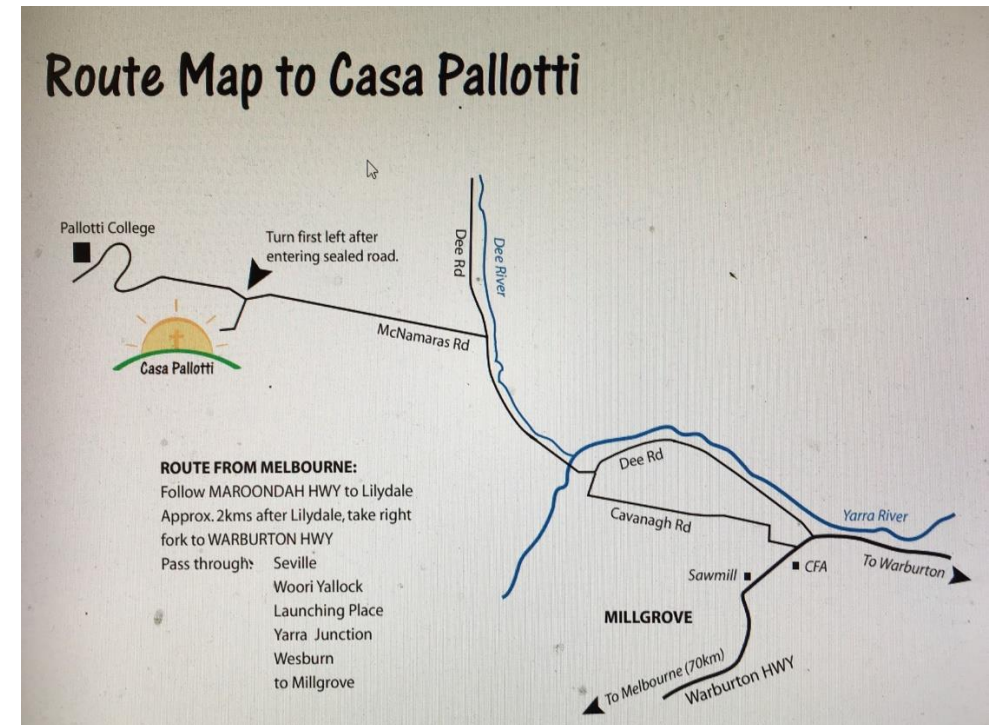
contact@jikishoan.org.au

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

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



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 make full payment by EFT before retreat.

Retreat Schedule (below)

You are advised to bring your own copy to the retreat. A copy will be posted at the venue.

Accommodation

Only shared rooms are available. If you are a snorer, indicate this on the application form by ticking the relevant box. 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.

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.

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 and phone number 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

2-5 pm: 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.