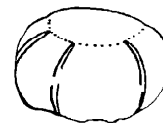




# Three Day Sesshin



## Spring 2010

Friday February 19<sup>th</sup> 5:10 a.m.  
to Sunday February 21<sup>st</sup> 11:30 a.m.

Sesshin, meaning “to gather the mind,” is a traditional silent Zen meditation retreat. It includes intensified sitting periods, work practice, and ritual meals. Sesshin is an opportunity to come together as a Sangha in support of our practice, where we create a space to setting deeply into sitting, and study the teachings of the Buddha.

Vegetarian meals will be served and eaten in the Zendo oryoki style. If you would like to offer an evening meal of soup and bread, please speak with the Tenzo, Kogen. Sleepover accommodations will be available in the yurt. Please bring warm bedding, work clothes and necessary toiletries. Offering for the snack table are welcome. Please leave them with the Tenzo. Cheese, crackers, fruit, and nuts are appreciated as much as sweets.

You may attend all or any portion of the sesshin. Please arrive and depart during breaks, work practice, or kinhin (see schedule on back). Please pre-register to allow us to make space and food calculations. Fill out the attached form, separate it from the top portion and deposit in the envelope on the Zendo bulletin board.

*Donations for this event are gladly accepted as the practice of generosity. This temple functions through the freely given support of those who study here. If you feel that this study is of benefit, please consider making a donation to allow others the same opportunity. You may include a donation with your registration or place it in the offering bowl in the main room at any time.*

~~~~~Detach Here~~~~~

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency contact \_\_\_\_\_

\_\_\_\_\_ This is my first sesshin

\_\_\_\_\_ I will be sleeping over in the yurt

\_\_\_\_\_ I have my own set of oryoki bowls

\_\_\_\_\_ I have dietary restrictions. List: \_\_\_\_\_

\_\_\_\_\_ I will attend the entire sesshin

\_\_\_\_\_ I will attend part of the sesshin. Please specify the times and meals for which you will be present below: