

Zen Meditation Retreat

Dunedin Zen Group, Spring Rohatsu Sesshin

The Dunedin Zen group is happy to once again offer a period of sustained meditation training in the form of its annual seven-day Sesshin (meditation intensive). This is a rare opportunity to develop greater facility with and understanding of the process of mindful awareness and of zen meditation. Personal interviews with the teacher offer the opportunity for both novice and experienced practitioners to further develop their practice.

This is traditional training with long periods of meditation. If you feel you may have difficulty with the schedule, want to see the timetable, or have any questions please use the email below.

2 December to 9 December 2023

*A weekend only option is also available
2nd to 4th December*

Sesshin will be led by
Glenn Wallis Roshi
Zen Teacher in the Diamond Sangha tradition

When:

Sesshin led by Glenn Wallis begins on the evening of Saturday December 2nd and completes on Saturday afternoon December 9th. This Sesshin will be suitable for those new to meditation retreats, and for more experienced practitioners. The weekend option finishes late Monday afternoon December 4th.

Where:

The Dunedin Zen Group's annual Sesshin is held at our Quarantine Island venue and is residential. The main accommodation is two large dormitory style rooms. For some background on the Island go to: <http://quarantineisland.org.nz/>

Brief description of time table:

Meditation periods are in 25-minute blocks interspersed with periods of walking meditation. There are several rest periods throughout the day, and a period of light work practice. There are also scheduled opportunities to meet privately with the teacher during the formal meditation periods each day. There are typically two talks each day. An afternoon practice/encouragement talk, and a Teisho each evening. A feature of Sesshin is a formal presentation of the Dharma (Teisho) by the teacher. This is not a lecture, but the live presentation of Dharma.

Food:

All meals are vegetarian. If you have definite food allergies/medical requirements, please inform the organizers by making this clear on your registration form. While we strive to meet the dietary needs of all participants, if your particular food requirements cannot be catered for you may be asked to provide your own meals.

Preparation:

If this is your first retreat, if possible, please read Robert Aitken's book, *Taking the path of Zen* prior to attending. Advice on suitable clothing etc. will be provided to those registering.

Transport:

The point of departure for the Island is from Back Beach at 3pm Saturday Dec 2nd. Retreat participants will be returned by about 3pm on Saturday 9 December. If you need transport, or can offer transport to and from Back Beach, Port Chalmers, please make this clear on the registration form. Directions will be provided by the organizers, and for those without transport, assistance to the Back Beach departure point may be available. If you are flying in, please email Jim so we can endeavor to have you picked up at the airport, or alternatively meet you for pick up at the Dunedin Railway Station.

Fees: The Dunedin Zen Group wishes to support those who wish to practice by keeping fees as low as possible. The fees for Sesshin are **\$150 for the weekend option**, and for the full seven days there is a sliding scale from **\$375 – \$450**

For those who will have difficulty in paying the full fee in advance please contact us to discuss options. (We have a facility for the fee to be paid over a negotiated period of time as well as to subsidize the fee on a case by case basis. Please contact Jim).

If intending to come, please forward your registration form by 18 November so that we can plan menus, buy food, and complete the other arrangements that allow Sesshin to flourish.

Sponsorship: It is possible to make a donation to help sponsor those who have difficulty in paying a full fee.

Dana: You may bring dana (gift) for Glenn Wallis Roshi, in the form of cash or a personal gift. You are welcome to include a card, or do so anonymously with the envelopes provided at Sesshin.

COVID-19: If you are unwell immediately ahead of Sesshin particularly with COVID symptoms please phone or email us at the email below.

Any questions or further enquiries, please contact:

Jim (03) 4738 359 or 0274266710 or dunedinzen@gmail.com

For more general information regarding Dunedin Zen group contact the organizers or go to

<http://dunedinzen.wordpress.com>