

HONOLULU DIAMOND SANGHA

2747 WAIOMAO ROAD • HONOLULU, HAWAII 96816 • (808) 735-1347

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SESSHIN INFORMATION SHEET (please retain for your reference)

Full-time attendance: See the calendar for sesshin dates. The sign-up deadline is always 6 weeks prior to the start. Honolulu Diamond Sangha members, please calculate full-time fees at the \$46.50/day rate. *Non-members*, please calculate full-time fees at the \$51.50/day rate. So full time rates are as follows:

Eight days:	\$370 members / \$415 non-members
Seven days:	\$325 members / \$360 non-members
Five days:	\$230 members / \$260 non-members
Three days:	\$140 members / \$155 non-members

Part-time attendance: If you are interested in attending part-time, please keep in mind that part-time attendance is a privilege. Please consider not only your own schedule, but how your participation will support the other participants and the sesshin. We will try to accommodate your proposed schedule, however minimal disruption to full-time participants is top priority. We would prefer to see applications that include at a minimum 1-2 full days, and/or a consistent daily schedule of at least two blocks.

If attending part-time, mark the time blocks you wish to attend on the table in the application and indicate which daily work period you would be able to do an assigned job. The member fee for part-time attendance is \$24 plus \$12 per block attended. The non-member fee for part-time attendance is \$27 plus \$15 per block attended. There is no charge for the mandatory evening program on the start date. When signing up for a block, you must attend the entire block, including the meal, if any. If possible, please include at least one work period per day in your part-time schedule and indicate what nights (if any) you'll be sleeping over.

Reservation deposit and payment. To be considered, your application and a deposit of 50% of your fee must be received on or before the published sign-up deadline (located on the calendar). The balance of your fee is due on or before the start day. Cancellations received two weeks prior to the start or earlier will receive a full refund of the deposit and any fees paid. Cancellations received thirteen days or less before the start will not receive a refund of the deposit. However, any fees paid beyond the deposit will be refunded. Those unable to pay the fee in full may still apply and arrange for a reduction in fees by contacting our administrator at 735-1347.

All participants who sign up prior to the deadline will receive priority. For those who sign up after the deadline, priority will be given to applicants in the following order: full-time participants who are Honolulu Diamond Sangha members or friends; full-time participants who are Hawaii residents; other full-time

participants; Honolulu Diamond Sangha members and friends who are part-time participants; part-time participants who are Hawaii residents; and other part-time participants. If the sesshin fills and a waiting list develops, priority will be given to full-time participants on the waiting list in the order in which applications were received. We will contact each participant to confirm acceptance.

Dietary or other restrictions: If you have a medically assigned diet, or other restrictions, conditions, special needs or concerns that we should be aware of, please specify on the attached application form.

When to arrive. *All participants, full-time and part-time, should arrive at Palolo Zen Center no later than 5:30 PM on the start date. If you are unfamiliar with the oryoki meal procedure or would like a refresher, plan to attend the oryoki orientation at 5:00 pm in the dining hall. No meal will be served on this first evening, so please have supper before arriving or come at 5:00 PM with a brown bag supper to eat with the group. The mandatory work meeting will begin promptly at 5:45 PM with zazen at 7:00 PM, and orientation and cautions and the Teacher's opening remarks following.*

Arrival and departure. At your earliest opportunity, please inform our administrator of your airport arrival and departure times. This information will help us coordinate transportation between the airport and the Palolo Zen Center, if possible, and to welcome and accommodate you.

What to bring. Beds or futon, bowl sets, and zafu, support cushions, benches, and chairs are provided to all attendees. Towels, bed linens and blankets are provided *only to* attendees from locations outside of Oahu. During winter, Palolo weather is often damp, windy, and cold (by Hawaii standards); a jacket, sweater or fleece is advisable. Clothing should be dark, without pattern, and loose fitting, covering the legs and shoulders.

When does sesshin end? Sesshin ends at around 3:00 PM on the last day after the closing ceremony, tea, an informal noon meal, and clean-up. If you are attending on the last day, please stay for this entire program.

Extended stays. You are welcome to stay the night preceding the start date OR the night of the last day at no extra charge. You may extend your stay further for up to 4 days (2 before and 2 after) for a fee of \$50 per night. For longer stays, please apply to the residential program. All residents are required to follow the residential schedule, which includes Sunday-Friday morning zazen and Wednesday evening zazen and 3 hours of samu per week. During the Intensive Practice Period the residential schedule includes Monday-Thursday evening zazen.

Information contacts. For all related questions, please contact our administrator at 808-735-1347 or email at info@diamondsangha.org. More information about our schedules, programs, and events can also be found on our website at www.diamondsangha.org.

All sesshin are led by Michael Kieran.