

HONOLULU DIAMOND SANGHA

Palolo Zen Temple

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

ORIENTATION TO ZEN PRACTICE

SESSHIN INFORMATION SHEET

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:

Rohatsu 8-day sesshin:	Member \$370, Non-Member \$415
Spring 5-day sesshin:	Member \$230, Non-Member \$260
Hele Malie 5-day sesshin:	Member \$230, Non-Member \$260
Summer 7-day sesshin:	Member \$325, Non-Member \$360
Fall 3-day sesshin:	Member: \$140, Non-Member \$155

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.

Part-time applicants will be considered after all full-time applicants, prioritized by the date of receipt of the application. To maximize the safety of all participants, part-time participants must attend at least two contiguous days starting on the first day of sesshin. This includes the first evening orientation which is required for all participants. These procedures are to avoid people entering the sesshin after it has begun. Full-time applicants will have priority until two weeks prior to sesshin. **This means that part-time applicants may not know if their application is accepted until two weeks prior to the sesshin.**

The member fee for part-time attendance is \$24+\$12 per sitting block. The non-member fee is \$27+\$15 per sitting block. There is no charge for the mandatory evening program on the start date.

Reservation deposit and payment: To be considered, your application and a deposit of at least 50% of your fee must be received on or before the published sign-up deadline (located on the calendar). The balance, if any, 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 any fees paid. Cancellations received thirteen days or less before the start will forfeit the 50% deposit amount. Any fees paid beyond the deposit amount 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 808-735-1347.

Those who sign up to participate full time prior to the deadline will receive priority in the following order:

1. HDS members
2. HDS friends
3. Other applicants.
4. The date of receipt of the applications will be used to prioritize within each category.

If the sesshin fills, a waiting list will be developed, prioritized as above.

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 application form.

When to arrive: All participants, full-time and part-time should arrive at Palolo Zen Center no later than 5:30pm on the “gather for sesshin” date (see calendar). If you are unfamiliar with the oryoki meal procedure or would like a refresher, plan to attend the oryoki orientation 5:00pm. No meal will be served on this first evening, so please have supper before arriving or come at 5:00pm with a bag supper to eat informally with the group. The mandatory work meeting will begin promptly at 5:45pm and zazen will start at 7:00pm. Orientation and cautions including the Teacher’s opening remarks will follow.

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, to welcome and accommodate you.

What to bring: Beds/futon, bowl sets, zafu, support cushions, benches and stools/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 or ornamentation and loose fitting, covering the legs and shoulders. Please note that hoodies interfere with the use of the kyosaku.

When does sesshin end: Sesshin ends at around 3:00pm 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 plan to 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 for a fee (contact the administrator). For longer stays, please apply to the residential program. All residents are required to follow the residential schedule, which includes Sunday – Friday morning zazen plus the Wednesday evening sitting. There is also 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 either Michael Kieran or Kathy Ratliffe.