

KASHIMON DOJO ZAZENKAI

Introduction to Zen Weekend



Are you new to meditation or Zen Buddhist practice? Have you read books about Zen, or been doing meditation on your own? Do you think you'd like to study with a teacher? Designed for those new to Zen or formal Zen training, this introductory retreat allows you to immerse yourself in Zen practice.

During the weekend, you'll receive instruction in zazen (seated meditation) and have a chance to experience and ask questions about liturgy, work as sacred activity, the moral teachings and compassion, and Buddhist study. You'll learn how to establish a consistent home practice and receive guidance on bringing it into your work, family, and relationships. Moreover, you'll have the opportunity for private interview with a teacher to explore the importance of the teacher-student relationship for the spiritual path.

Join us for Three Days of training, friendship and camaraderie!

Date : April 19 ~ 21, 2019

Location : Kashimon Dojo, 37114 N Thrill Hill Road Eustis Florida 32736

(10 minutes from downtown Mt Dora and 45 min north of Walt Disney World)

Instructor : Ryushin Sensei, Former Abbot Zen Mountain Monastery

Schedule of Activities*:

Friday

5:00 pm	Arrival
5:00-6:00	Settle in/meet and greet
6:00-7:00	Supper and clean-up
7:30-9:00	Introduction and zazen instructions
Begin silence	(limited to necessary instruction and/or safety)
9:15-9:45	Zazen (1 period)
10:15	Lights out

Saturday

4:30	Optional wake-up
4:50-6:00	Optional zazen (2 periods)
6:00	Wake-up
6:30-7:45	Zazen (2 periods)
8:00-9:00	Breakfast and clean-up
9:30-10:30	Caretaking practice
11:00-1:00	Group Teaching 1
1:15-2:15	Lunch and clean-up
2:30-3:30	Rest, Study practice, Kyudo practice
3:45-5:45	Group Teaching 2
6:00-6:30	Zazen (1 Period)
7:00-8:00	Light supper and clean-up
8:30-9:45	Zazen (2 periods)
10:15	Lights out

Sunday

4:30	Optional wake-up
4:50-6:00	Optional zazen (2 periods)
6:00	Wake-up
6:30-7:45	Zazen (2 periods)

Silence lifted

8:00-9:00	Breakfast and clean-up
9:30-11:30	Group Teaching 3
12:00-12:30	Zazen (1 period)
12:45-2:00	Lunch and clean-up
2:00-3:00	Departure

****Note: This is a tentative schedule. The order of the sessions may change to accommodate the instructors or participants.***

Participation Fees based on a sliding scale:

Living Wage (LW) of \$25K	Fee
<100% LW	\$125
100-200% LW	\$175
200-300% LW	\$225
>300% LW	\$275

Registration : Please reserve your space by sending your registration (Max 50 persons) by e-mail by March 29th, 2019 to ArchingOaksDojo@yahoo.com. Registrations forms should be printed and legibly filled and signed. Once completed, the form should be scanned or a clear photo taken and sent via email.

Attention: Students may pay ahead via Paypal (add 5%) or when you check in at the Seminar. Make checks payable to Chelsey Velilla.

Dress Code : Loose-fitting clothing for meditation, dark or muted in color.

Airports : You have three options based on your travel itinerary:

- 1) Orlando International Airport (MCO). Be aware that there is a 50 minute drive from MCO to Eustis, where all the activities will take place.
- 2) Orlando/Sanford International Airport (SFB). Be aware that there is a 40 minute drive from SFB to Eustis, where all the activities will take place.
- 3) Driving- GPS.

Transportation: You must arrange your own transportation. There are major rental car companies at each of the main airports mentioned above. If several participants are arriving and leaving at once then arrangements are possible for pickup/dropoff at the airport--- Arrangements must be made in advance.

Accommodations: There are several options:

- 1) Lakeside INN - A historic, picturesque hotel since 1883. (about \$209 a night) 352-383-4101
- 2) Hampton Inn – Mount Dora- (about \$169 a night) 352-383-4267
- 3) Various Bed and Breakfasts in Mt Dora (about \$135 a night)
- 4) AirBNB Mt Dora (about \$55 a night)

---Limited Accommodations are available above the dojo at a low rate.

For More Information or Questions, please contact:

Sebastian Velilla at (407) 473-8859

ArchingOaksDojo@yahoo.com

www.KashimonDojo.com



KASHIMON DOJO ZAZENKAI SEMINAR



REGISTRATION FORM:

Please fill in completely to reserve your space. Cost for the **events are:**

Saturday Seminar only

Full Participation

Name: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip code: _____

Phone: _____ Email: _____

Age: _____ Health Status _____ Health/Mental Issues Description: _____

Dietary Needs: _____

Emergency contact info: _____

Amount Paid: \$ _____ Date: _____

Waiver of Responsibility

*I realize that participation in martial arts training and/or Arching Oaks activities entails the primary assumption of risk of injury to me. I agree to follow the rules of the Kashimon Dojo and Arching oaks and to complete the training once started, or forfeit the entire training/activity amount. I freely and voluntarily accept and assume all such inherent risks and possibility of personal injury while attending activities at the **Kashimon Dojo and/or Arching Oaks**. I agree not to hold responsible or absolve, The Kashimon Dojo, and/or Arching Oaks grounds, and/or Florida Kyudo Kai, and/or South Carolina Kyudo Renmei and/or the American Kyudo Federation, and/or the Kokusai Budoin, and/or the Toyama Ryu Batto Do Renmei, and/or any other participants and/or Instructors and/or agents and/or staff for any accidents and/or injuries incurred while participating in these events and/or while on property.*

Print and **Sign** your name: _____

In case of a minor, the parent or Guardian must sign below:

Signed _____ Date _____, 2018.