

# KASHIMON DOJO ZAZENKAI

## Introduction to Zen Weekend



Are you new to meditation or like Zen 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 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 the practice, work as sacred activity, moral teachings, compassion, and 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 an experienced 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** : September 17 ~ 19, 2021

**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**

4:00 pm	Arrival
5:00-6:00	Supper and clean-up
6:30-7:45	Introduction and zazen instructions
<b>Begin practicing silence</b>	
8:00-9:10	Zazen (2 periods)
9:30	Lights out

### **Saturday**

4:30 am	Optional wake-up
4:50-6:00	Optional zazen (2 periods)
6:00	Wake-up
6:30-7:40	Zazen (2 periods)
8:00-9:00	Breakfast and clean-up
9:15-10:00	Caretaking practice
10:15-11:30	Teaching session 1
11:45-12:15 pm	Walking meditation
12:30-1:30	Lunch and clean-up
1:30-2:30	Personal practice
2:30-3:45	Teaching session 2
4:00-5:10	Zazen (2 periods)
5:30-6:30	Light supper and clean-up
6:45-8:00	Teaching session 3
8:10-9:20	Zazen (2 periods)
10:00	Lights out

### **Sunday**

4:30 am	Optional wake-up
4:50-6:00	Optional zazen (2 periods)
6:00	Wake-up
6:30-7:40	Zazen (2 periods)

#### **Silence lifted**

8:00-9:00	Breakfast and clean-up
9:30-11:00	Teaching session 4
11:10-12:20 pm	Zazen (2 periods)
12:30-1:30	Lunch and clean-up
2:00	Departure

\*for those on staying on property

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

# KASHIMON DOJO ZAZENKAI SEMINAR



## REGISTRATION FORM:

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

\_\_\_ Dojo Member (\$100)      \_\_\_ non-member (\$150)

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip code: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Age: \_\_\_\_\_ Health Status \_\_\_\_\_ (Health/Mental description write on back) \_\_\_\_\_

Dietary Needs: \_\_\_\_\_

Emergency contact info: \_\_\_\_\_

Amount Paid: \$ \_\_\_\_\_ Date: \_\_\_\_\_

## Waiver of Responsibility

*THIS IS A WAIVER AND RELEASE OF LIABILITY. I fully and knowingly accept the inherent risks that participation in martial arts training and/or Arching Oaks activities entails and the possibility of injury to me. I knowingly and voluntarily accept and assume all risks of personal injury while attending activities at the Kashimon Dojo and/or Arching Oaks. I agree to hold or to absolve the Kashimon Dojo, and/or Arching Oaks, and/or any other participants and/or Instructors and/or agents and/or staff harmless of, from and for any damages, monetary or otherwise, for any accidents and/or injuries sustained or exacerbated while preparing to participate in, participating in or "cooling down" from participating in these events and/or traveling to, while on site or traveling away from the property. Furthermore, Participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While particular rules and personal discipline may reduce this risk, the risk of serious illness and death does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation 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 HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.*

**Print** and **Sign** your name: \_\_\_\_\_

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

Signed \_\_\_\_\_ Date \_\_\_\_\_, 2021.