

## Melbourne Zen Group

# Spring Zen Sesshin with Subhana Barzaghi Roshi

*Assisted by Apprentice Teacher Wayne Rankin*

**Friday 10 Nov – Friday 17 Nov 2017, Kallara Conference Centre (near Euroa)**

‘Sesshin’ means to touch, settle, and actualise the ‘heart-mind’ - mind that is reality itself, radiant and full, empty of loss or gain. The Melbourne Zen Group Spring Sesshin is an opportunity to participate in a seven day traditional, silent residential Zen retreat in the company of dedicated and supportive fellow practitioners – a priceless opportunity to drop away from ordinary concerns and fall back into meeting your life breath by breath with compassionate, open awareness. To support this process each day includes extended periods of sitting meditation, walking meditation, interviews with the teacher, dharma talks, and work and rest periods.

**Subhana Barzaghi** has been practising meditation for over 30 years and has trained with Aitken Roshi in Hawaii, John Tarrant Roshi and with Yamada Koun Roshi in Japan. Subhana received Dharma transmission from her teachers in 1996 as a Roshi in the Diamond Sangha. Subhana is a guiding teacher for the Sydney Zen Centre and is a psychotherapist in private practice.

**Wayne Rankin** is a long time Zen student and MZG member, who is an apprentice teacher under Subhana’s supervision.

**Enquiries:** Paul Gardiner. Primary contact method [mzgbooking@gmail.com](mailto:mzgbooking@gmail.com) (Secondary contact method 0415 714 111)

**Orientation:** If you have never attended a Diamond Sangha sesshin it is necessary that you contact Paul to discuss opportunities for pre-sesshin orientation. **Sesshin can sometimes be physically and psychologically demanding.** Please contact Paul if you have any medical, personal or psychological problems that may affect your participation, so that arrangements can be made for you to discuss these with the teacher prior to sesshin (all information strictly confidential).

**Accommodation:** Individual rooms, with possibility of some shared. There are also limited rooms with ensuite available for attendees with special needs – if you need one please contact Paul. Campsites are available if you prefer to bring a tent.

**Meals:** Meals are part of our ritual. They are vegetarian, but not always vegan. Please contact Paul before **Friday 27 Oct** if you require a special diet: while we attempt to cater for these, we must know well in advance.

**Full time and Part time attendance:** Applicants may enrol for the full 7 days, or part-time. To minimize disruption of the group, part time attendees are asked to commit to attendance for either the entire weekend, or for all weekdays of the sesshin. Part-time attendance on the weekday portion of the sesshin will only be available to experienced students.

**Transport:** If you are flying out of Melbourne after the end of sesshin, you will need to allow at least 2 hours to get to the airport from Kallara Conference Centre.

**Bookings:** Preference will be given to MZG members & full time applicants. To ensure your place, and to facilitate planning, please forward your completed application form and \$60 deposit or full payment as soon as possible. If your application is successful, you will be notified in **the week beginning 16 October**. Bookings will only be considered confirmed on receipt of full payment.

**Payment:** Deposits will not be refunded after **Friday 27th October**. Full payment must be made prior to the commencement of sesshin. Contact Paul for a concession and to make alternative arrangements if immediate payment is a problem. Please refrain from bringing cash payments to sesshin. For Direct Deposit, contact Paul for account details.

**To confirm your place you will need to send balance of fees immediately upon receiving your acceptance letter.** A map of how to reach the venue and a list of packing/preparation considerations will be sent with acceptance letter.

### PLEASE NOTE:

- 1) **Melbourne Zen Group reserves the right to cancel the sesshin if there are insufficient applicants**
- 2) **If you arrive after 12pm at the airport you may have to make your own way to the venue**
- 3) **End of early bird fees is the 13 October**

## Melbourne Zen Group Sesshin, 10-17 November 2017, Kallara Conference Centre (near Euroa)

**Applicant details:**

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
 Address: \_\_\_\_\_ Postcode: \_\_\_\_\_  
 Telephone: (mobile) \_\_\_\_\_ (other) \_\_\_\_\_

**Emergency contact:**

Name: \_\_\_\_\_  
 Telephone: (mobile) \_\_\_\_\_ (other) \_\_\_\_\_

**Previous meditation and/or retreat experience:** (non-MZG members please specify)

**Meals:** Do you have any special dietary requirements? **Please advise before 27 October** (all meals are vegetarian)

**First aid training:** (please specify any medical or first aid training you may have)

**Transport:**

I need transport \_\_\_\_\_ from which area? \_\_\_\_\_ (please pay the driver \$10)  
 I can offer transport \_\_\_\_\_ from which area? \_\_\_\_\_ How many seats? \_\_\_\_\_  
 I can assist with transportation of food and equipment to / from the venue \_\_\_\_\_

**Shopping & Organisation:**

I can assist with pre-sesshin shopping \_\_\_\_\_ I can assist with other organisational tasks \_\_\_\_\_

**Accommodation for country/interstate participants:**

I can offer/require pre/post sesshin accommodation \_\_\_\_\_ Details (number & location) \_\_\_\_\_

**Equipment:** I can bring my own zafu (cushion) \_\_\_\_\_ zabuton (mat) \_\_\_\_\_

**Attendance details:** (arrive from 4pm Friday 10 Nov for 6pm start, concluding around 2pm Friday 17 Nov, after lunch and pack-up)

Arriving: (day, estimated time) \_\_\_\_\_ Leaving: (day, estimated time) \_\_\_\_\_

Please circle correct fees								
Early Bird Fees - before 13 October		Full wage	Part wage				Full wage	Part wage
Member	Full time	\$480	\$385	weekend	\$170	Mon-Fri	\$385	\$302
Non member	Full time	\$575	\$460	weekend	\$195	Mon-Fri	\$451	\$357
Fees after 13 October								
Member	Full time	\$528	\$423	weekend	\$186	Mon-Fri	\$423	\$332
Non member	Full time	\$632	\$506	weekend	\$214	Mon-Fri	\$496	\$392

**Cheques payable to:** Melbourne Zen Group (Direct deposit is available, please email Paul for details)

I confirm that I am aware of the nature and extent of the activities involved in sesshin, and have contacted the sesshin organiser to advise of any medical, personal or psychological difficulties I experience which may affect my participation in those activities.

Sign: \_\_\_\_\_ Date: \_\_\_\_\_

**Send completed form and deposit/full fee to:** MZG Spring Sesshin, 18 Banks Rd, Eltham North, Vic, 3095 or mzgbooking@gmail.com