

## Melbourne Zen Group

# Spring Zen Sesshin with Subhana Barzaghi Roshi

*Assisted by Apprentice Teacher Wayne Rankin*

**Friday 9 Nov – Friday 16 Nov 2018, 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 MZG member who has been practicing Zen for 30 years and is an Apprentice Teacher in the Diamond Sangha.

**Enquiries:** Peter Tiernan 1st contact method [mzgbooking@gmail.com](mailto:mzgbooking@gmail.com); 2nd contact method (03) 9386 5443

**Orientation:** If you have never attended a Diamond Sangha sesshin it is necessary that you contact Peter to discuss opportunities for pre-sesshin orientation. **Sesshin can sometimes be physically and psychologically demanding.** If there are any medical, psychological /mental health or physical health factors that may affect your participation in sesshin, please note them. This information will be confidential to sesshin coordinator, teacher, and sesshin leaders.

Medications or treatments required for specific medical conditions, allergies, asthma etc must be brought with you to sesshin as only basic first aid supplies are available.

**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 Peter. 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 Peter before **Friday 12 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 **Saturday 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 Peter 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 28 September.

**Melbourne Zen Group Autumn Sesshin, Friday 9 November to Friday 16 November 2018, Kallara (near Euroa)**

**Applicant details**

Name		Email	
Address			
Phone			

**Meditation & Retreat Experience** Non-members please specify

**Do you have any physical, mental, or medical condition/limitation** that may impact on your participation in sesshin, and which you need to discuss with the teacher or sesshin organiser? (All information strictly confidential) **YES / NO**

**Special Dietary Needs** Shared vegetarian meals are part of our ritual, and we invite you to put aside personal preferences at mealtimes—but do let us know if you have any essential health based dietary needs. Please provide detailed information about what you CAN eat, as well as foods you MUST avoid, and in what degree, by **Friday, 12 October**.

**First Aid Training** Please note any medical or first aid training you may have

<b>Transport</b>	<b>To the Venue</b>	<b>From the Venue</b>
I can help with transportation of food and equipment:	<b>YES / NO</b>	<b>YES / NO</b>
I need a lift – please specify time and location. Please offer your driver \$10 towards petrol.		
I can offer a lift to one or more people – please specify time, location & number of places available.		

**Shopping & Organisation**

I can assist with pre-sesshin shopping **YES / NO** I can assist with other organizational tasks **YES / NO**

**Accommodation for country/interstate participants**

I need pre / post sesshin accommodation (please provide details)	
I can offer pre/post sesshin accommodation (please provide details)	

**Equipment**

I can bring my own Zafu (cushion) **YES / NO** I can bring my own Zabuton (mat) **YES / NO**

**Emergency Contact**

Name		Email	
Address			
Phone			

**Early Bird Fees—up to Friday, 28 September**

	<b>Full Week</b>	<b>Full waged</b>	<b>Part waged</b>	<b>Fri to Sun</b>	<b>Mon to Fri</b>	<b>Full waged</b>	<b>Part waged</b>
MZG Members		\$ 480	\$383	MZG members	\$170	MZG Members	\$385
Non Members		\$575	\$460	Non Members	\$195	Non Members	\$451

**Fees after 28 September**

	<b>Full Week</b>	<b>Full waged</b>	<b>Part waged</b>	<b>Fri to Sun</b>	<b>Mon to Fri</b>	<b>Full waged</b>	<b>Part waged</b>
MZG Members		\$528	\$423	MZG members	\$186	MZG Members	\$423
Non Members		\$632	\$506	Non Members	\$214	Non Members	\$496

On Friday 9 November, please arrive from 4pm for 6pm start. Sesshin concludes 16 November around 2pm, after lunch.

Arrival day & time		Departure day & time		Fee Due	
Please include payment of at least \$60 deposit. <b>EFT payment preferred.</b> Cheques payable to <b>Melbourne Zen Group</b>	<b>Melbourne Zen Group</b> <b>Westpac Bank</b> <b>BSB: 033157</b> <b>Acc#: 169905</b>	Your Payment Amount			
		Your EFT Payment Date			
		Your EFT Payment Reference			
		<i>*please use format April-Surname</i>			

Submission of this form is taken as confirmation that you are aware of the nature and extent of the activities involved in sesshin (extended periods of sitting and walking meditation), and that you have contacted the sesshin organiser to advise of any medical, personal or psychological difficulties which may affect your participation in those activities.

**Enquiries & Bookings:** phone Peter on 03 9386 5443, or email [mzgbooking@gmail.com](mailto:mzgbooking@gmail.com)

Peter Tiernan, 13 Jones St, Brunswick VIC 3056