

Zen Center of San Diego
2047 Felspar Street, San Diego, CA 92109
858-273-3444

Information about Sesshins

Applying for a Sesshin

To apply for attendance at a ZCSD sesshin, please fill out a current application form (found in every newsletter or **on the website: www.zencentersandiego.org**, and submit it with a full payment, or the application will not be accepted. (Please note the dates of the sesshin on your check, if mailing one in.) Applicants requiring financial assistance may request a scholarship or delayed payment at the time they apply. To qualify for member rates, we ask that members be current in their dues.

Sesshins at ZCSD fill up rapidly; however, please do not apply for a sesshin before the open enrollment date (noted on the website), or the application will not be accepted. If you mail the application, the postmark will be entered as the date of application. Hand-delivered applications can be left in the folder in the foyer (former kitchen), no earlier than the mail-in date.

You will be notified of your status at least one month before the date of the sesshin. Once a sesshin is full, all other applicants will be placed on a waiting list. You may apply for a sesshin you wish to attend even if you know it is full, since cancellations do occur. Avoid purchasing plane tickets until you receive notification that you've been accepted into the sesshin.

Getting to the Center

ZCSD is located in the Pacific Beach area of San Diego. To get to the center from the airport, take a taxi or commercial shuttle service (usually waiting for riders outside the baggage area). The cost for a shuttle is about \$13. A cab with ticket is about \$20. Allow 30 minutes to get from the airport to the center.

If you drive, we ask that you park at least 3 blocks from the center – this helps minimize our impact on the neighborhood.

Those who wish to arrive earlier or stay longer than the dates of the sesshin must clear this in advance with the coordinator.

What to Bring

1. Comfortable and dignified sitting clothes (**no clothing with writing or logos, bright colors, loud patterns, or shorts**). Include a sweater or other warmer clothing the cool nights and mornings we experience year around. A rain-jacket may also be a good idea during the rainy months.
2. Slip-on shoes or sandals.
3. Work shoes or sneakers and clothes for possible outside work. Shorts are okay for this, but again, nothing designed to attract attention.

4. All toiletries, deodorant, towels, etc. (Please no scented perfumes or after-shave).
5. Formal eating bowls, if you have them (they will be available to rent for \$6 or purchase for \$30).
6. NOTE: We have sleeping bags, blankets, sheets and towels and it's a good idea to bring your own pillow. We also have futons at the center for sleeping on the floor.

Arriving at the Center

We ask those who have never attended a sesshin here before to arrive early for orientation. Please arrive in time for the newcomer orientation at **5:00 pm**, and meal practice orientation at **5:30 pm**. Please check in with the registrar when you arrive. Registration for everyone else begins at **6:30 pm** and everyone should be there by that time to help out and review any specific job responsibilities. Further information regarding what to do after you arrive will be posted on the bulletin board on the patio. There will be no meal served the first evening so plan accordingly. Peanut-butter and jelly, however, will be available for making a sandwich.

The sesshin ends at about 2:00 pm on the last day. An informal lunch afterward and general cleanup usually end at about 3:00 pm.

Cancelling

Always notify the coordinator ASAP if you need to cancel (including those people on the waiting list). Those dropping out of a sesshin 14 days (or less) prior to the start day will be charged a \$25 processing fee. Those dropping out within 7 days of the start date will be charged a \$40 fee. When sesshins are planned, responsibilities in the schedule are interweaving and complicated, and dropouts cause broad consequences. Also, those from far away who are the waiting list are often not able to make arrangements at the last minute.

Agreement

Please note that when you apply to attend a sesshin you agree to maintain a daily sitting practice between the time you submit the application and the sesshin. You are also agreeing to participate in the entire schedule including daisan (interviews with the practice leaders), all sitting periods, all meals, all work periods, and to be on time for these activities. Snacks will be put out between meals so there is no need to bring food for yourself. Any exceptions, including part-time attendance, must be cleared in advance through the sesshin coordinator.*

Contacting the Coordinator of the Sesshin

*You may contact the coordinator, Joyce @ pjrosslan@cox.net .