

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. 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 mail-in date (noted on the application), 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 the 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 \$15. A cab with ticket is about \$22. 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 that has writing, logos, bright colors, or loud patterns). Please do not wear 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. All sleeping gear for sleeping on the floor, such as a sleeping bag and pillow. We have futons at the center to utilize on the floor. Please request before arrival.
6. Formal eating bowls, if you have them (they will be available to rent for \$6 or purchase for \$30).
7. Other suggestions: sun-tan lotion and hat if sensitive to sun in case you are assigned to outside work.

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. There may be time to go to the nearby shopping center for food, from 6:30-7:15pm.

The sesshin ends at about 1:00 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 mail the application and the sesshin. You are also agreeing to participate in the entire schedule including daisan (interviews with the teachers), all sitting periods, all meals, all work periods, and to be on time for these activities. Snacks will be put out between meals so please do not 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

*There are different coordinators throughout the year for sesshin. For general questions or to find out who the specific coordinator is for the sesshin you wish to attend, please email: sesshincoordinator@zencentersandiego.org

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