

Adelaide Zen Group, Weekend Intensive Application Form: Saturday 1st and Sunday 2nd December 2018.

Led by Robert Joyner Roshi who is the resident teacher of the Adelaide Zen group. He received full dharma Transmission in the Diamond Sangha lineage in July 2003.

The intensive, which is non-residential, will be held at 37 Harris Street Exeter. It will take the form of four blocks of three and a half hours duration each and each day there will be a block in the morning and one in the afternoon. The schedule will be as follows.

Saturday morning 9 am to 12 30 pm
Sunday morning 9 am to 12 30 pm

Saturday afternoon 1 30 pm to 5 pm
Sunday afternoon 1 30 pm to 5 pm

Four blocks cost \$30; three blocks \$25; two blocks \$15 and one block \$10. Payment is by CASH or cheque **on the day**.

Each block will contain zazen, dokusan and a talk by the teacher. Tea and coffee will be provided and participants are requested to bring their own lunches.

If you are a newcomer to zen practice you are especially invited to attend. An intensive offers an opportunity to extend your sitting time in preparation for, or as an alternative to, a full sesshin.

Please fill in the following application form and return by **Monday 25th November** to Julian DiBez, 52 Downing Street Hove 5048, or email dibez@bigpond.com
Places are limited.

Name:

Address:

Contact Phone:

Email:

Name and number of emergency contact:

Meditation experience:

Do you have any medical or psychiatric problems that may affect you during the intensive? No/Yes

If Yes please specify.

Will you bring your own cushion? No/Yes

Do you require transport to the venue? (Transport may be possible). No/Yes

Please indicate which blocks you will be attending.

Saturday am
Sunday am

Saturday pm
Sunday pm

I the undersigned hereby agree to hold the Adelaide Zen Group Inc., and its directors, members and appointed representatives not liable, including any instance of negligence, for any loss, damage or injury arising directly or indirectly from my participation or non-participation in this event or its production which may include my performance of voluntary services. I am aware of the nature and extent of said participation and its requirements upon me, and further certify that I am of sound mind and body or if not so have obtained from my physician prior written approval to participate fully.

Signed:

Date:

Please contact Julian DiBez, 52 Downing Street Hove 5048, or email dibez@bigpond.com with any enquiries regarding the intensive or phone Imelda Carson on 8564 8225, or email iscruffy@skymesh.com.au An acknowledgement letter will be sent to applicants on receipt of the application form. If an applicant has difficulty meeting the payment timeline, please discuss the matter with the organiser. You will be contacted if you requested transport but the venue is five minutes walk from the Glanville Station on the Outer Harbour line.

Basic schedule for each day (may be subject to slight alteration)

MORNING

9.00	Cautions and Sutras
9.30	Encouragement Talk
10.00	Zazen / Sosan / Dokusan
10.30	Zazen / Sosan / Dokusan
11.00	Break
11.30	Zazen / Sosan / Dokusan
12.00	Zazen / Sosan / Dokusan
12.30	Lunch

AFTERNOON

1.30 pm	Encouragement Talk
2.05	Zazen / Dokusan
2.30	Zazen / Dokusan
3.00	Break
3.30	Zazen / Dokusan
4.00	Zazen / Dokusan
4.30	Zazen / Dokusan
4.50	End of day ceremony
5.00	Cleanup (Sunday only)