

Have you attended Jikishoan courses/events previously?  
(If yes, please provide details)

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Would you like to join  
Jikishoan's mailing list?  Yes  No

Samu (work practice) is an integral part of the retreat and participants are assigned to a Ryo (work practice group). If you have a Ryo preference, please indicate with a tick:

- Ino Ryo (Zendo)  Sogu Ryo (Servers)  
 Tenzo Ryo (Kitchen)  No Preference  
 Shu Ryo (General/Newcomers)

Accommodation is in shared rooms only.

Are you a snorer?  Yes  No

Vegetarian meals will be provided. Please advise if you require a special diet (for medical conditions only):

Yes  No (If yes, please provide details separately)

Please advise whether you have any medical condition which could affect your participation:

Yes  No (If yes, please provide details separately)

**Please include details of 2 emergency contacts:**

1. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

2. Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I am aware of the voluntary nature of my participation in this meditation Retreat. I certify that I am of sound mind and body or, if not, I have obtained prior written approval from my medical practitioner to participate fully.

Signed: \_\_\_\_\_

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

Please return form (with non-refundable \$50 deposit) to:  
**Jikishoan Retreat Coordinator, PO Box 475, Yarraville Vic, 3013**, or hand in to the desk at Sunday Sanzenkai, 105 Evans Street, Brunswick

**Closing date for applications:**

**Sunday November 13th, 2011**

## Our teacher



Ekai Korematsu Osho is the resident teacher of Jikishoan Zen Buddhist Community in Melbourne. He is a transmitted teacher in the lineage of the Soto Zen tradition in Japan and has practiced and taught meditation in Japan, India and USA for over thirty years.

*“Zen practice has a strong emphasis on the need to meet, person to person. The meeting is transmission – transmission of the practice. You cannot transmit important matters with books or just through the knowledge of ideas. Practice is essential. And through practice comes understanding.”*

*Ekai Korematsu Osho*

## About Jikishoan

Jikishoan is a Zen Buddhist Community based in Melbourne with affiliated groups in Ballarat and Canberra. The community is led by resident teacher, Ekai Korematsu Osho, and activities include a Zen Meditation and integrated Buddhist Study Course, workshops, Retreats, regular Sanzenkai meetings and community activities. All programs and teachings are conducted in the spirit of Bendoho, the original way of Zen practice as prescribed by Eihei Dogen Zenji in the 13<sup>th</sup> Century for both individuals and communities.

[www.jikishoan.org.au](http://www.jikishoan.org.au) [contact@jikishoan.org.au](mailto:contact@jikishoan.org.au)

*Jikishoan Zen Buddhist Community Inc. is Incorporated under the Associations Incorporation Act 1981. Registered No. A0037927K. Jikishoan is not required to be registered for GST.*

**JIKISHOAN** 直証庵  
zen buddhist community

# ZEN Meditation

7 Day Retreat No. 38

Conducted by Ekai Korematsu Osho



**November 18th - 25th,**  
**2011**

**Adekate Fellowship Centre**

## Zen Meditation Retreat

Jikishoan's 7 day Retreats are periods of concentrated Zen meditation practice, run 3 times a year. They are for students wanting to consolidate their practice and also for those with an interest in Zen meditation. The Retreat format includes a supportive orientation program for newcomers.

Practice in silence is encouraged. This helps maintain personal focus. The daily Retreat routine includes formal sitting and walking meditation, work practice, traditional meal practice and talks by the teacher Ekai Korematsu Osho. There are informal discussion periods each day.

Adekate Fellowship Centre has shared bunk-rooms. Single rooms are not available. Meals are vegetarian. Special dietary requirements for medical reasons are provided for **if details are given in advance.**

**Please note: the weather at Adekate is changeable - please bring suitable clothing to accommodate for this.**

### Retreat details

**Retreat Begins: Friday 18th November 2011** at 6pm, with a light evening meal.

**Retreat Ends: Friday 25th November 2011** at 2pm, following lunch.

**Venue:** Adekate Fellowship Centre, Dean, near Ballarat. The Centre is located about 1.5 hours drive west of Melbourne.

You may arrive at the venue earlier than 6pm, in which case you may wish to help with the set-up of the retreat from about 3pm onwards.

### Further Information

Further information about the Retreat is available from the Jikishoan Zen Buddhist Community's website:

[www.jikishoan.org.au](http://www.jikishoan.org.au)

The 'Retreats' section of the Courses and Activities page of the website includes a general information sheet, a detailed daily schedule, copies of this application form and a link to the **Airport Shuttlebus** service. The bus runs between Melbourne Airport, Ballarat and the town of Creswick, near the Adekate Fellowship Centre. **Bookings must be made with the Airport Shuttlebus service in advance.**

Enquiries about the retreat may be directed to the Retreat Coordinators:

**Brian Osborne** Tel: **0434 324 922**  
email: [josborne@ozonline.com.au](mailto:josborne@ozonline.com.au)

**Annie Bolitho** Tel: **0407 648 603**  
email: [anniebol@iprimus.com.au](mailto:anniebol@iprimus.com.au)

### How to apply

Bookings for the Retreat must be made in advance, including a \$50 deposit. Please complete the application form and mail it with your deposit to the address provided overleaf by the closing date: **Sunday November 13th 2011**

Timely submission of applications assists the smooth running of the Retreat. Applications received after the closing date may not be considered and will not attract a Members' Discount. Numbers are limited to 40 and priority may be given to people staying for the full 7 days.

### Cost of Retreat

Days:	Members	Non-members
7 Days	\$440	\$500
6 Days	\$405	\$460
5 Days	\$360	\$405
4 Days	\$305	\$340
3 Days	\$240	\$270
2 days	\$170	\$180
1 Day	\$90	\$90

### Cameras and Phones

Use of cameras during the Retreat should be limited and only used with the permission of the subject(s) and respecting the privacy of Retreat attendees. Cameras, phones and watches should not be taken into the Zazen areas. Phones should be off in quiet areas and their usage limited. Thank you.

## Application form

I would like to attend the November 2011 Retreat:

Please find enclosed my deposit of \$50. The balance will be paid upon arrival at the Retreat.

(Note: Cheques should be made payable to '**Jikishoan Zen Buddhist Community**' (made out in full please).

Your enrolment will be advised by Jikishoan after receipt of your application. If your enrolment is confirmed, the \$50 deposit becomes non-refundable and the balance of the amount payable will be advised by Jikishoan.)

Please print clearly (All information is kept confidential)

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Sex:  Male  Female

Year of birth:    /    /

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code: \_\_\_\_\_

Phone A/H: (    ) \_\_\_\_\_

Mobile Phone : \_\_\_\_\_

E-mail : \_\_\_\_\_

Jikishoan Member?  Yes  No

Please advise of the exact day, date and time of arrival:

Arrival Day: \_\_\_\_\_ Date:    /    /    Time \_\_\_\_\_

Departure Day: \_\_\_\_\_ Date    /    /    Time: \_\_\_\_\_

I would be willing to give another participant a lift to Adekate  Yes  No

I will be taking the Airport Shuttlebus and will need transport from Creswick to Adekate  Yes  No

#### Jikishoan Administration:

Paid \$ \_\_\_\_\_ Receipt No. \_\_\_\_\_

Payment Method: Cheque / Cash / Money Order / EFT