

THE ZEN CENTER OF DENVER

APPLICATION FOR 200 SESSHIN
(month)

- Full attendance
 Partial attendance from

to
(Please attach Sesshin Fee & Partial Attendance chart)

Name Age Phone Zip
Current mailing address
Emergency Contact

Please read entire application very carefully and answer all questions in detail, including those relating to medical problems, as this information is used in making sesshin decisions. There is a great deal of information on this application form. Take an extra form to keep in order to refer to this information.

Every sesshin begins with a Repentance Ceremony and the taking of the Precepts. Please review the ceremony in the Zen Center of Denver Practice Guidelines and prepare yourself for this.

1. Are you a member _____ or non-member _____ of the Center? 2. If a member, for how long?
3. Have you done zazen at the Zen Center of Denver? _____. If yes, when and for how long?
4. Which zazenkai (all-day sittings) and sesshins have you attended in the last 12 months (list by month, location, and length of sesshins and indicate who conducted them)?
5. Have you applied for a sesshin at the Zen Center of Denver for which you have not been accepted in the last 12 months? Which?
6. If you have not attended a zazenkai or sesshin in the last 12 months, when, where, and under whom was the last zazenkai or sesshin you attended, and how long was the sesshin?

SESSHIN FEES: Please check the appropriate category (*payment must accompany application*). For weekend sesshin, a dana offering of one's own choosing is encouraged.

___ **Non-members: \$385/wk (\$55/day)**

___ **Members: \$315/wk (\$45/day)** Please know that a significant portion of the Zen Center's income is derived from sesshin fees. Additional dana is appreciated.

___ **Reduced Rate: \$140/wk (\$20/day)** For cases of financial hardship—subject to approval. Please attach a letter of explanation to this application. You will be notified as to your acceptance. The financial hardship rate is available only to members. If your financial situation prevents you from meeting this reduced level, please contact the office.

PARTIAL ATTENDANCE: Please consult the Zen Center of Denver Practice Guidelines regarding partial attendance requirements. If you apply for attendance on a partial basis you must attend opening ceremonies on the first Saturday of sesshin. Local members who attend on a partial basis for 4, 5 or 6 days or for a portion of each day are asked to return to the Center at 12:30 PM on the final Saturday for the Closing Ceremonies. If you know now or learn later that you MAY NOT be able to attend the Closing Ceremonies, indicate this here or contact the Center immediately after learning this:

ACCEPTANCE: Assume that you have been accepted unless you are notified to the contrary. Please be at the Center at 2 PM the Saturday sesshin starts.

SESSHIN NEEDS: In addition to a well-made brown zazen robe, please bring sheets, blankets (or a sleeping bag), pillow, toiletries, towel, tooth brush, dark, solid-colored clothing for use during the work period, and a separate set of loose, ample pants (no shorts) and shirt or blouse for use during the exercise period. Pure white, light or bright colors or patterned clothing are not appropriate during sesshin, and this would also apply to nightclothes. The Center does have some robes, sheets, blankets and pillows that may be used by out-of-town attendees.

MEDICAL INFORMATION: Please answer the following questions in detail, regardless of whether you have done so for a previous sesshin. If necessary, use additional paper and attach it securely to this application. Please put the question number in front of your answer if you use other paper.

A sesshin is a very intense experience. This medical information is necessary to insure the well being of participants and the smooth functioning of the sesshin and will be kept confidential.

1. Do you have chronic, periodic, or current medical conditions of the nervous, respiratory, digestive, circulatory, or musculoskeletal systems? This would include past conditions that might affect your performance now such as high or low blood pressure, arthritis, allergies, etc. Please specify if you are under a doctor's care and/or taking medication.

2. Are you having any professional treatment for either your back or legs? If yes, when did it start?
_ Is this condition affecting you now? _ Please specify in detail:

3. Are you currently experiencing any psychological problems such as anxiety, depression, or are you under the care of a therapist?

4. Are you currently experiencing any particularly stressful situation in your personal life such as divorce, job problems, family conflicts, etc.?

5. As a child did you receive excessive physical punishment? (e.g., were you often struck with a hand, fist or physical object?)

6. Do you have any food allergies or special dietary requirements? (Note: sesshin food is prepared mostly vegan. If you are a strict vegan, please indicate here)

IF, AFTER SUBMITTING THIS APPLICATION, ANY MEDICAL CONDITIONS ARISE, PLEASE NOTIFY THE CENTER IMMEDIATELY.

If there are any pressing circumstances in you daily life that would prevent you from applying to other upcoming sesshin, please explain:

If this is not your first sesshin and you are applying for less than the full sesshin please state your reasons for partial attendance and explain in detail:

If accepted, I agree to finish the entire sesshin or that period for which I have applied.

Signed: _____ Date:

*Please return this application to the Zen Center of Denver. Place in donation box or mail to:
Zen Center of Denver, 3101 West 31st Ave., Denver, CO 80211. Tel. 303-455-1500*