



Toronto Zen Centre
 33 High Park Gardens
 Toronto, ON M6R 1S8

APPLICATION FOR _____ 20__ SESSHIN ■ LOCATION _____

ANSWER ALL QUESTIONS

Applicants should bear in mind that sesshin is an intense training period with ten hours of required formal sitting each day. All participants must be at both the closing and opening ceremonies of sesshin. Unless an emergency has arisen, refunds for cancellations will be made only during the first week after the application deadline.

DO NOT APPLY TO SESSHIN IF YOU KNOW OF CIRCUMSTANCES THAT MIGHT REQUIRE YOU TO LEAVE EARLY. IF SUCH A SITUATION ARISES AFTER SUBMITTING YOUR APPLICATION, CONTACT THE CENTRE IMMEDIATELY.

PART-TIME ATTENDANCE REQUEST: *Indicate which **daily** portions or **days** of sesshin you would like to attend (minimum of two sections/day). Please call the Centre if you have any questions. If you are coming for portions of days, plan to arrive and leave during a break period. FULL-TIME APPLICANTS RECEIVE PREFERENCE WHEN SESSHIN DECISIONS ARE MADE.* There is no discount for part time attendance at sesshin.

Name _____ Birth Date _____

Street Address _____ City _____ Prov/State _____

Postal/Zip Code _____ Phone _____ E-mail: _____

Are you a member of the Toronto, Vermont, or Costa Rica Zen Center? ____ or a non-member ____?
 Have you, in a formal ceremony, become a student of Sensei Henderson ____, Sensei Graef ____, or any other teacher? (Give name.) _____ Is this your **first sesshin** with Sensei? ____
 Have you attended any sesshins in the last 12 months **other than** those conducted by Sensei Henderson or Sensei Graef? (List location, length of sesshins, and who conducted them.) _____

PAYMENT: Please see page 3.

ACCEPTANCES: Please contact the Centre after the sesshin deadline, or check the roster in the office to see if you have been accepted for sesshin. **Late applicants are automatically put on the waiting list.**

CLOTHING: A brown zazen robe is required for sittings. If you do not have one, there are a few loaner robes at the Center. Call early to reserve one. Bring dark, solid-colored, loose-fitting clothes to wear during the work period. Bring a separate set of loose, ample pants (no shorts) and shirt or blouse (not sleeveless) for use during the exercise period. Pure white, light or bright colors and patterned clothing are not appropriate at any time during sesshin. **Do not bring white, light-colored, or patterned socks to sesshin.**

MEDICAL INFORMATION

Please print clearly or type.

Please answer questions in detail, whether or not you have done so for a previous session. If necessary, use an additional sheet of paper and staple it to this application. Please put the question number in front of your answer. The purpose of this medical information is to help determine whether attendance at the session will in any way aggravate a serious physical condition, endanger a participant's health, or affect the smooth running of session. For this reason it is extremely important that all information be current, specific and clearly stated, with regard to both active and inactive conditions. This medical information is solely for the teacher and monitors and will be kept confidential.

1. Are you currently, or have you been in the last three months, under a doctor's care or taken medication under any doctor's prescription? _____ If so, please specify in detail the diagnosis, nature of treatment, type of medication, how long the medication was used, and date of last visit to doctor.
2. Are you having any professional treatment for your back, neck or legs? _____ If so, when did the problem(s) start? _____ Is this condition affecting you now? _____ Please specify in detail.
3. Do you have an arthritic, rheumatic or neuralgic condition? _____ Explain in full.
4. Within the last ten years, have you had psychotherapy for three months or longer? _____ If yes, please state when difficulties began, how long continued, nature of problem, diagnosis, treatment, and results.
5. Do you now have or have you ever had high or low blood pressure? _____ If yes to either, please explain and specify if there are any side effects involved.
6. Do you have a heart condition? _____ If so, please state the nature and extent of the problem.
7. Have you ever had any major operations? _____ If so, please state their nature and date of occurrence.
8. Do you have any internal organs missing? _____ If yes, please explain.
9. Do you have any dietary restrictions or need for extra supplements which would have to be taken into account during session? _____
10. Do you have allergies to food or to anything else? _____ Please specify.
11. Please give any other information bearing on your physical or mental condition. ***NOTE: Do not neglect to mention any recent or current infections, communicable diseases, headaches, pregnancy, or abnormal conditions such as prolonged menstruation.***
12. Are any of the above conditions aggravated under stress? _____

If you have answered yes to any of the above, please state whether the condition will affect your session participation. _____

**IF AFTER SUBMITTING THIS APPLICATION ANY OF THE ABOVE MEDICAL CONDITIONS ARISE,
BE CERTAIN TO NOTIFY THE CENTER IMMEDIATELY.**

PAYMENT: The rate is the same whether you are attending full or part-time. There is no discount for part-time attendance at sesshin. There is a \$50.00 late fee for applications submitted after the deadline. Check the quarterly calendars or the websites for sesshin deadline dates.

I have enclosed the following (*please check one*):

- \$105.00 3-Day Toronto Sesshin
- \$140.00 4-Day Toronto Sesshin
- \$175.00 5-Day Toronto Sesshin
- \$245.00 7-Day Toronto Sesshin

ATTACH CHEQUE HERE FOR SESSHINS IN TORONTO ONLY

SPECIAL SEATING REQUIREMENTS:

- This is my first sesshin, and I will be assigned a chair **OR:**
- I have discussed attending my first sesshin with Sensei, and will not be using a chair.
- It will be necessary for me to sit in a chair (or, in Toronto, facing out on the tan). *If you check this box, the reason must be explained under "Medical Information."* PLEASE NOTE: Except in emergencies, chairs cannot be requested on the day sesshin begins or once sesshin is underway.
- I am allergic to incense and request to sit away from the altar.

TORONTO ONLY: *Whenever possible PLEASE DO NOT DRIVE TO SESSHIN as parking space is limited. If you must drive, check here: _____*

If accepted, I agree to finish the entire sesshin. I will not hold the Vermont or Toronto Zen Centers responsible for any sickness or accident that might occur during the sesshin.

Signed _____ Date _____