



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

APPLICATION FOR \_\_\_\_\_ 20\_\_ TORONTO JATAKA TALES SESSHIN

**ANSWER ALL QUESTIONS for EVERY SESSHIN APPLICATION**  
(TZC Sesshin Applications are not kept for reference after sesshin)

*In General: Applicants should have experience attending formal sittings in our lineage for an extended period of time. Bear in mind that the Jataka Tales sesshin has a weekend component with ten hours of required formal sitting each day. Formal periods of zazen are part of every sesshin day. SEE THE TZC JATAKA TALES SESSHIN SCHEDULE AT THIS WEBSITE: [www.torontozen.org/sesshin.html](http://www.torontozen.org/sesshin.html)*

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

#### APPLICANT CONTACT INFORMATION

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

Street Address \_\_\_\_\_ City \_\_\_\_\_ Prov/State \_\_\_\_\_

Postal/Zip Code \_\_\_\_\_ Day/Cell Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

**Emergency Contact:** Full Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Contact's Home/Bus Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

#### SANGHA MEMBER & FORMAL STUDENT STATUS

Are you a member of the Toronto Zen Centre, the Vermont Zen Center, or the Costa Rica Zen Center? \_\_\_\_\_

Are you a member of the Endless Path Zendo? \_\_\_\_\_ Or are you a Non-member \_\_\_\_\_?

Have you, in a formal ceremony, become a student of Roshi Henderson \_\_\_\_\_? Is this your **first sesshin** with Roshi Henderson \_\_\_\_\_? Are you a formal student of Roshi Graef \_\_\_\_\_, or a formal student of Sensei Rafe Martin \_\_\_\_\_, or any other teacher? (Give name.) \_\_\_\_\_

Have you attended any sesshins in the last 12 months **other than** those conducted by Roshi Henderson, Roshi Graef, or Sensei Martin? (If YES, list location, length of sesshins, and who conducted them.)

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## FULL-TIME or PART-TIME DAILY ATTENDANCE REQUEST

*(Note that **FULL-TIME APPLICANTS** RECEIVE PREFERENCE WHEN SESSHIN ACCEPTANCE DECISIONS ARE MADE)*

*Unless you are attending the entire sesshin, and will be at the Zen Centre **full time every day for the full 7 days**, your sesshin application will be considered **Part-Time**. For **each day** that you will need to spend some time away from sesshin you need to list the following information, to the best of your ability at this time:*

*1–**When you would leave** the TZC that day, and 2–**When you would return** to the TZC that day.*

*Plan to arrive and leave during break periods— see the online Jataka Tales Sesshin schedule.*

- I am applying to attend the WEEKEND SECTION of the sesshin only— this is considered 3 sesshin days. (From the Start on Friday evening at 6:30 PM to early Monday after formal breakfast at 7:00 AM)
- I am applying to attend the WORK WEEK SECTION of the sesshin only— this is considered 4 sesshin days. (From early Monday after the formal breakfast at 7:00 AM to the last Friday morning)
- I will not need to leave the Jataka Tales Sesshin during my participation Monday-Friday.
- I will need to leave the sesshin for the following reason: \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

- I am attending the FULL 7 DAYS of the sesshin, and do not need to leave the Jataka Sesshin during the course of the full 7-days. I understand I may be asked to help with some kitchen or household daily preparations during the WORK WEEK (days 3-6), and will have daily informal personal time as well.
- I am attending the FULL 7 DAYS of the sesshin, but need to request part-time attendance during the WORK WEEK SECTION for the following reason: \_\_\_\_\_

My Part Time attendance schedule will be as follows (actual or best estimate):

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

*Date + Times (Leave—Return TZC):* \_\_\_\_\_

**ACCEPTANCES:** Please contact the Centre after the sesshin deadline, to confirm 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 don't have one, there are TZC loaner robes. Arrange to pickup and clean one before sesshin. Bring **ONLY plain dark, solid-colored**, loose-fitting clothes to wear during the work period. Bring a separate set of loose, ample pants (not 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 sesshin**. 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 sesshin will in any way aggravate a serious physical condition, endanger a participant's health, or affect the smooth running of sesshin. 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 & monitors and will be kept confidential. Applications are not kept, but shredded after sesshin.

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 sesshin?\_\_\_\_\_
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 answered yes, please explain:

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**If you have answered yes** to any of the above, please state whether the condition will affect your sesshin participation.\_\_\_\_\_

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

**YOUR SESSHIN DONATION:** The suggested minimum sesshin donation rate is \$ 50.00 per day, which is the same whether you attend full time or part-time. For a Jataka Tales Sesshin **there is an additional flat fee of \$70.00** provided by ALL Applicants (a teacher's honorarium, incorporated below in the fee schedule). Please check the online calendars for ***Application Deadline Dates***.

(Please Circle) My donation is attached as: Cheque / Money Order / Cash (hand delivered)  
 (Please Circle) My donation has been or will be forwarded online via: Interac / PayPal

(Please indicate which donation level for the Jataka Tales Sesshin):

- A minimum donation of \$220.00 CDN for the Weekend Section (3 days) + \$5.00 if using PayPal
- A minimum donation of \$270.00 CDN for the Workweek Section (4 days) + \$5.50 if using PayPal
- A minimum donation of \$420.00 CDN for the Entire Jataka-Tale Sesshin + \$8.50 if using PayPal

Attach your cheque, money order, or cash (envelope) donation here for Sesshin.

**Full Time** participants must be at both the opening and closing ceremonies of sesshin. Participants attending only the **weekend section** (to early Monday am) have the option to attend the Ending Ceremony of sesshin on the last Friday - contact the office about this. *Barring an emergency*, refunds for cancellations will be made only during the 1st week after the application deadline.

**SPECIAL SEATING REQUIREMENTS:**

- This is my **first sesshin**. Required: I have discussed my seating requirements with Roshi:
  - I will be assigned a chair
  - I will not be using a chair
  - I will need access to a chair
- It will be necessary for me to sit in a chair or have access to a chair (**subsequent sesshin**). *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.

**PARKING:** *Whenever possible PLEASE DO NOT DRIVE TO SESSHIN as parking space is limited. If you must drive, check here: \_\_\_\_ and please contact the office for important information about applying for a weekly neighborhood parking permit.*

- I have read and agree to the following:* If accepted, I agree to finish the entire sesshin. I will not hold the Toronto Zen Centre responsible for a condition, sickness or accident that might occur during sesshin.

Signed \_\_\_\_\_ Date \_\_\_\_\_