

## Application for sesshin

Date: \_\_\_\_\_/20\_\_\_\_\_

*Applicants for sesshin should be aware that sesshin is an intensive period of practice that includes ca 10 hours of zazen per day.*

What is the start date of the sesshin you are applying for?

Please send a photo with your application, unless you have already been to dokusan many times with the teacher.

Name:

Mobile phone number:

E-mail:

Address:

Date of birth:

Are you a member of Zenbuddhistiska Samfundet?

Are you applying for the whole sesshin? If not, please specify the days you wish to attend.

Date of your last sesshin (if applicable):

Do you have a personal Zen teacher? If so, who?

### Medical information

We need to know if you have any health or mental health related problems that could affect your participation in the sesshin. This medical information is solely for the teacher and zendo leaders and will be kept confidential. If you answer yes to any of these questions, please supply details.

1. Do you have any physical problems that affect your sitting, such as problems with knees, back, or hips or any other physical health issues we should know about? (High or low blood pressure, heart problems, major surgeries, neurological problems etc)
2. Are you taking any medication you think we should know about?
3. Have you ever been diagnosed with a psychiatric condition? Is there any other mental health issue the teacher should be aware of? (for example burn-out syndrome)
4. Do you have any food allergies or dietary restrictions/requirements that might affect your participation in our communal vegetarian meals?
5. Do you have any non-food allergies?
6. Is there anything else we should know about?

7. Please tell us a bit about yourself and your previous meditation experience if you haven't been to Zengården before.

Please note that applications for sesshin are not processed on a first-come, first-served basis. Instead, all applications are looked at by the teacher who is leading the sesshin once the closing date has passed. Exceptions can be made for special circumstances, such as unusual difficulty with arranging leave from work. If you believe that you qualify for special early consideration of your application, please let us know when you send your application.

It is possible to apply to sesshin after the closing date, but your application will only be considered if there is still space in the sesshin.