**Ancient Dragon Zen Gate**

**Camping Sesshin Application**

**June 20 - 23, 2019**

Led by Eishin Nancy Easton and Gyoshin Laurel Ross

**Part I: Please provide the following information\***  
\*Prerequisite for attending this sesshin includes attending at least one all-day sitting at ADZG, or equivalent .

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Telephone: (cell) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(other) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

In case of emergency, who should be notified?

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Relationship\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone (cell):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (other):\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you attended an ADZG all-day sitting? €Yes €No

If yes, when was your most recent all-day sitting? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If not, what is your practice experience? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please describe your experience with camping/outdoor living (including estimated dates):

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Meals will be served in a ***semi-formal, modified Oryoki*** style.

Will you bring your own Oryoki bowls? €Yes €No

Have you ever had Oryoki instruction? €Yes €No If yes, when? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Part II: Physical Well-Being**

We sincerely want everyone attending to be comfortable and to be able to participate to the fullest extent possible! Please let us know of any limitations you may have so we can anticipate how best to organize the experience to accommodate you. Please be aware that everyone will have a work assignment during the sesshin.

Do you have any limitation for which you anticipate needing any type of accommodation?

€Yes €No If yes, please describe accommodation needed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you have any life-threatening allergies? €Yes €No

Do you have any food restrictions/sensitivities? €Yes €No

Do you have any current medical conditions? €Yes €No

Please describe any “yes” responses to questions above:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Do you take any medications regularly? €Yes €No

If yes, please list in case of emergency:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Are you able to follow the schedule completely? €Yes €No

Please describe any concerns or limitations, including work assignment(s):\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Please list any skills (fire-building, cooking, etc.) that may be helpful: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Part III: Camping Sesshin Requirements & Schedule**

* I understand that I am agreeing to the following:

1) Following the schedule of daily meditation

2) Participating in daily services and ceremonies

3) Attending all other activities unless prior arrangements are made

4) Participating in communal meals and work assignments

5) Refraining from possession and use of recreational drugs and alcohol

6) Alerting leader(s) to any medical emergencies

Schedule for the Camping Sesshin requires you to **arrive the evening before** the day(s) you will be attending the sesshin in order to orient all participants.   
Arrival times may be flexible upon request.\*

**General Schedule (exact times may change):**   
7:00pm Arrival (the night before), followed by Orientation, Oryoki Instruction,   
7:30pm Setup (while current participants in Evening Zazen or Meditation Walk)  
8:30pm Evening Service followed by Quiet Campfire until Lights Out  
4:30am Wake-Up Bell  
5:00am Beach Zazen/Kinhin  
7:00am Breakfast   
8:30am Group Nature Walk, followed by Morning Zazen/Kinhin

12:00 Noon Service followed by Lunch & Work Period  
1:30pm Break   
2:30pm Dharma Talk followed by Discussion Period   
4:00pm Zazen/Kinhin  
5:30pm Evening Service followed by Dinner  
6:30pm Break (for current participants) Orientation or Departures as needed

Sunday’s schedule will end with Cleanup at 1:00pm (after lunch).

\*In addition, it is possible to arrive during Breakfast on Sunday for the half-day sitting, for those who do not wish to camp out the night before.

**Dates of Attendance: Suggested Donation\*\*: (per day)**

Friday, June 21\_\_\_\_\_ (Thursday night arrival) $100\_\_\_\_

Saturday, June 22 \_\_\_\_ (Friday night arrival) $100\_\_\_\_

Sunday, June 23 \_\_\_\_ \* (Saturday night arrival) \_\_\_\_\_ $50\_\_\_\_

\****OR*** Sunday morning arrival \_\_\_\_\_ ($35\_\_\_\_)

**Part IV: Logistical Arrangements**

Will you be bringing a tent? €Yes €No If yes, do you have room to share? €Yes €No

Do you need a tent (or space in a shared tent)? €Yes €No

Will you bring a vehicle? €Yes €No If Yes: Plate/Description: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Would you like to participate in a car pool? €Yes €No

Would you like to take the train? €Yes €No Please let us know pickup info in advance!

**Part V: Payment**

The fee\* for the Camping Sesshin is **$100 per day ($35/50 for Sunday half-day)**, which covers meals, campsite, and sesshin dana. Payment in full is required by July 1 unless another arrangement is made with the sesshin leaders.

\*\*sliding scale is available upon request.

**Please return the following by mail, email, or in person:**

* **this registration form (keep a copy for yourself),**
* **date(s) you will be attending**
* **and payment for each day you plan to attend the sesshin $\_\_\_\_\_\_\_\_\_\_\_\_**

**To:**

Ancient Dragon Zen Gate  
Attn: Camping Sesshin Leaders  
1922 W. Irving Park Road  
Chicago, IL 60613

**I have read, understood, and have kept a copy of the ADZG Camping Sesshin Guidelines and agree to participate fully in the sesshin, unless prior arrangements are made with the Sesshin Leaders. I verify that I am in good health and able to accept the risks of camping outdoors.**

I understand that participation in the activities of the Ancient Dragon Zen Gate Camping Sesshin involves the risk of personal injury, including death, due to the physical, mental, and emotional challenges in the activities offered. I also understand that participation in these activities is entirely voluntary and requires participants to follow instructions and abide by all applicable rules and the standards of conduct of Ancient Dragon Zen Gate.

In partial consideration for my participation in the Sesshin, and with appreciation of the dangers and risks associated with the Sesshin program and activities, including, without limitation, preparations for and transportation to and from the Sesshin, I hereby fully and completely release, waive and discharge any and all liability and claims for damages for personal injury, death, damage to property or other loss that may arise against Ancient Dragon Zen Gate, its directors, officers agents, representatives, including the Sesshin organizers, even though any such liability may arise out of negligence on the part of the persons mentioned above.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant’s signature

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

Are you OK with being photographed at this event for use in ADZG publications? Yes No**Ancient Dragon Zen Gate**  
**Camping Sesshin Guidelines**

Sesshin is a time to turn inward while taking attentive care of body and mind. These guidelines are designed to assist you and your dharma companions in your study of the self during this rare and precious time of sesshin.

# Follow the schedule completely, unless you have made prior arrangements.

Please be in the zendo before zazen and be seated 5 minutes before zazen after breaks.

You may leave the zendo to use the toilet during kinhin (walking meditation). However, kinhin is not a break time. Please rejoin your group in walking meditation after using the toilet. If you return after zazen has started, please enter quietly and take your seat.

Observe silence. If you find it necessary to speak, please speak softly in an unobtrusive location.

Please be mindful and maintain awareness during breaks.

Eat quietly at meals. Take only what you can eat. It is okay to take seconds.

Please keep your place in the zendo neat and clean at all times.

Chant briskly and with energy at your seat. Handle your chantbooks with mindful care.

Please do not read or write during sesshin unless it is necessary for communication with another sesshin participant.

Please do not use cellphones during sesshin, except during break for urgent affairs.\* Please make sure all cellphones and electronic devices are turned off during zazen periods.

\*You are welcome to use your cellphone to take photos, especially during nature walks.

Do not wear watches, jewelry, or bright colors in the zendo. Avoid the use of perfumes or other scented products during sesshin.

Please wear sunscreen and insect repellant if necessary.

Please do whatever is necessary to take care of your health during sesshin. If you need additional time for the restroom, to shower, for rest, or for other activities, please let Sesshin Leaders know of your whereabouts on the Tenken Pad.

If there is something you need, if you are not well, or if you must miss a zendo event for any reason, please inform the Sesshin Leaders, unless you have made prior arrangements.

Let all of us be mindful and respectful of each other as we sit together. Be alert to what you can do to facilitate ease in our practice in the zendo and act accordingly.

Be present and attentive, follow the schedule completely, and thus drop away body and mind.