



VILLAGE ZENDO

URBAN SESSHIN 2010

March 24.25.26.

Schedule & Fees

MORNING ZAZEN SCHEDULE

7:30 Zazen	9:35 Presentation by Shuso
8:00 Verse of the Kesa, stand and stretch	10:15 Kinhin
8:05 Zazen	10:25 Zazen
8:30 Kinhin	10:55 Kinhin
8:40 Zazen	11:05 Zazen
9:10 Kinhin	11:35 Kinhin
	11:45 Bag Lunch
	12:30 Clean Up

EVENING ZAZEN SCHEDULE

6:30 Zazen
 7:05 Kinhin
 7:15 Zazen
 7:45 Kinhin
 7:55 Zazen
 8:20 Chanting, 3 Bows
 8:45 Open sitting...
 (Note: Thursday evening will have a dharma talk by a teacher or senior student)

Afternoon Schedule Day 1:

12:45 Receive walking maps and instructions for kinhin through the city, ultimate destination: the High Line. Make sure you have comfortable walking shoes. (For people unable to participate in extended walking, there will be selected meeting points at set times, accessible by taxi or public transportation)..

4:30 Open Sozan on the Highline

(Note: If weather is not suitable for an outdoor activity, appropriate and comfortable substitution will be made).

Afternoon Schedule Days 2,3:

12:45 Travel to museum (silent walk to subway)

1:30 Arrive at museum, brief orientation on steps

1:45 Explore the day's theme (including movie, on day 3, in the planetarium)

5:00 Zazen and council (silent walk to location dependent on weather: Summit rock, in central park

http://www.centralparknyc.org/site/PageServer?pagename=virtualpark_thegreatlawn_summitrock

Bag Lunches:

Lunches will be vegetarian (gluten free and vegan options available, if pre-ordered), prepared from locally sourced, seasonally appropriate ingredients by Mark Owen, the Urban Food Guy (urbanfoodguy.blogspot.com); cost of these lunches included in cost of the program.

NOTES REGARDING ADMISSION TO THE AMERICAN MUSEUM OF NATURAL HISTORY:

- Admission to the museum on days 2 and 3 is not included in the above Urban Sesshin fees.
- Admission of \$16 for the museum is “suggested”, but participants who cannot afford this can pay any amount when we arrive at the museum (e.g. \$1, if necessary).
- Admission to the movie “Journey to the Stars” at the Rose Planetarium is an irreducible additional \$20 per adult (\$16.50 per senior citizen). If this is prohibitory for a participant, Shuso will provide suggested alternate activities within the Planetarium.

Daily Fee:

Members: \$40

Non-Members: \$50

Group rate for all 3 days:

Members: \$110

Non-members: \$130

Group rate for all 3 days incl:

Zazenkai and Shuso Hossen

Members: \$125

Non-Members: \$175

FOR MORE INFORMATION OR TO REGISTER. CONTACT: registrar@villagezendo.org