

Seven-Day Sesshin Registration Form

Please email this completed form to the Ino at Green Dragon Temple (ggfino@sfzc.org). Once your application has been approved, you will receive a confirmation letter from the Ino by email. You may pay online with a credit card when you receive your confirmation letter. (We offer a few partial scholarships for people with limited income—please contact the main office for details: ggfoffice@sfzc.org or 415-383-3134.) If you have any questions regarding registration for the sesshin, please contact the Ino. If you have any questions regarding payment or housing, please contact the main office.

Name:

Address:

Phone Number:

Email Address:

Please answer all of the questions below and add any other information you feel it would be helpful for us to know.

Which sesshin are you registering for?

1. What is your one-day and seven-day sesshin experience at Zen Center?
2. What other meditation intensives have you attended?
3. Do you have any physical problems which would require special attention?
4. Will you need to sit in a chair for any part of the sesshin or for meals? Please specify if you know when you will need a chair.
5. Do you own an oryoki set or will you have to purchase one from us? (\$55 plus tax)
6. Do you have any food allergies or dietary restrictions?
7. Are you taking any medicine that might affect your participation?
8. Do you have any special sleeping needs? (All sleeping accommodations are shared or dormitory. There are no private rooms. Some of the beds are foam futons on the floor.)
9. Can you follow the schedule completely, including arriving in time for orientation (Sunday at 3 PM) and staying until the end (Sunday at 2 PM)?