



KORINJI RINZAI ZEN MONASTERY

祖的山 光林寺

## RETREATS AT KORINJI – INFORMATION FOR GUESTS

Thank you for your interest in attending a retreat at Korinji. Our monastery is one of the few places in the West conducting Rinzai Zen sesshin in the traditional manner, along with many other events. We look forward to having you with us.

Please read the following information and then submit the application at the end of this doc by email to [info@korinji.org](mailto:info@korinji.org).

### About Our Retreats

We offer two types of Rinzai Zen retreats, lasting three days (our beginner's Zen Life Retreat) or up to seven days (called *Dai-sesshin*, or "great sesshin"). During these, Zen students devote themselves single-mindedly to meditation practice, meeting frequently with the teacher for guidance. In this way they are able to deepen their spiritual training immeasurably, face their own limitations, and emerge with new insights for their lives.

Other retreats, such as our Shugendo Mountain Training, arts retreats, etc. will have different schedules than are detailed in this doc. But most of the info below will still apply.

### General Information

- Retreats at Korinji are challenging: days are long and full, and many include many sessions of meditation and minimal sleep (4.5 hours) each night. Before attending a seven day Dai-Sesshin you must first receive formal instruction in zazen - seated meditation - and be able to sit unmoving in meditation for multiple periods of 45 minutes in a row. Our Zen Life Retreat requires no experience, but is still challenging. If you are unsure regarding your readiness for any retreat at Korinji, please email and we will be happy to speak with you.
- Participants who have formal student-teacher relationships with other Buddhist teachers are requested to obtain permission from their teachers to participate.
- For some retreats, an adapted schedule with more sleep may be offered to seniors and other persons requiring it.
- Zen Sesshin and other events may include *samu* or periods of manual work practice around the monastery. If you have physical limitations, you will be given work appropriate to your condition.
- Persons with physical conditions preventing them from sitting on the floor may use a chair or stool during meditation sessions. Please let us know beforehand if you require this.

- Our meals at the monastery are simple, traditional vegetarian cuisine. If you have food-related health issues or allergies, please inform us beforehand and we will determine if we are able to welcome you. Personal food is not permitted at sesshin.

### **Schedule and What to Bring**

See the typical daily schedules for Dai-Sesshin and the Zen Life Retreat below in this doc. Please be sure to arrive on time on the first evening. (For other events, schedules will be specified in their calendar listings).

Please bring the following when attending a retreat at Korinji:

- A sleeping bag and pad if you are sleeping as a guest at the monastery residence.
- For Zen retreats, formal practice garments (gi, juban, obi and hakama for laypersons, robes for ordained) are the norm at Korinji. But if this is your first retreat with us (or, for the Zen Life Retreat) please just wear whatever practice clothing you normally wear...or else modest clothing (no shorts or tank tops) in solid neutral colors, without words or printed designs. If you'd like help obtaining formal clothing email us beforehand and we can suggest sources.
- Other traditions, like Shugendo, have slightly different clothing requirements. Please see those details in each event's calendar listing.
- White tabi (or clean white socks): these are worn during the morning recitation and other ceremonies.
- Outdoor sandals or shoes that can be quickly slipped on and off, for walking between buildings.
- Clothes and footwear appropriate for both outdoor work and walking in the forest.
- Warm clothing (long underwear, hat, rain jacket, etc.) and umbrella, depending on the season and weather forecast.
- Toiletries, bath towel, personal medications (if you take anything that might affect your clarity or level of drowsiness, please let us know).
- Flashlight or headlamp.
- Jihatsu (Zen eating bowls) if owned. If not, these will be available to borrow.
- Korinji Okyo book (or other texts, depending on the event) needed for chanting, if owned. If not, these will be available to borrow.

### **What Not to Bring**

- Personal phones, computers, and other electronic or entertainment devices of any kind. If you have brought these with you, you must leave them in your car. If you need to give an emergency contact number to someone, we can provide this to you; if you need to make an emergency call, our staff will have a phone you can use.

- Cameras. Taking photographs at Korinji is not permitted without prior approval.
- Books (other than standard texts used for training e.g. koan materials).
- Musical instruments.
- Personal food.
- Intoxicants or recreational drugs of any kind.
- Firearms or other weapons.

### **Retreat Rules**

Most retreats at Korinji are silent and there is no "social" time. Talking is only done when necessary to accomplish some task or during permitted question/answer periods. Persons unable to observe this rule may be asked to leave Korinji.

Couples participating in a retreat will not be able to have private time together apart from the group. Please note that romantic display and sexual activity are not appropriate on the Korinji grounds.

In general, it will help to remember that Korinji is a monastery and therefore a place dedicated to Buddhist practice. All other concerns, relationships and activities should be set aside during sesshin.

### **Traveling and Arriving**

The closest airport to Korinji is Madison, Wisconsin (MSN). This is about 50 miles away. We regret that we cannot provide transportation, so please determine the best way to arrive at Korinji on your own.

Korinji's parking lot address is S470 Hirst Road, Reedsburg, WI. Google Maps or a similar service will give you good directions to Korinji.

When you arrive at this address you will not see buildings from the road; you will only see forest and a blue sign "S470". Next to the sign is a short gravel drive opening up to a parking area. Please enter there and park your car in a manner that allows other vehicles to do the same. DO NOT park on the side of the road anywhere: you will be towed by the county.

After parking, walk to the trail which begins at the back of the parking area. This will take you through the forest to the Korinji gate and up to the monastery buildings. Follow the signs there to the residence entrance. Walk carefully, as the forest trail is sometimes uneven and can be slippery depending on conditions. If you arrive after dark you should use a flashlight.

If your physical condition prevents you from walking short distances, please let us know before you arrive and we will arrange to meet you at our service entrance.

### **Regarding Contagious Diseases**

The Korinji Foundation cannot guarantee that its residents, volunteers, partners, guests, or others in attendance at events or activities will not become infected with COVID-19 or other contagious diseases. The

health of all attendees, which may include elderly persons and others at risk, is our priority. The following guidelines will be enforced.

Four categories of concern are specified. Persons who fall under #1 below will not be permitted to enter the monastery grounds. Persons who fall under categories #2-4 must consult with Korinji before arriving, to determine if entering the monastery is permitted:

1. Individuals who test positive for Covid-19.
2. Individuals who are experiencing any symptoms of illness such as fever, cough, and shortness of breath among others.
3. Individuals who have traveled at any point in the past fourteen (14) days to a place that is experiencing sustained community spread of contagious disease.
4. Individuals who believe that they may have been exposed to contagious disease, or have been diagnosed with such, and are not yet cleared as non-contagious.

Duty to self-monitor: event attendees further agree to self-monitor for signs and symptoms of disease while at Korinji, and to notify staff there immediately if they experience any symptoms of any illness.

## **Donation**

Korinji is a religious institution, not a for-profit business. We do not charge fees for retreats, but suggest that you instead donate to The Korinji Foundation—a not-for-profit public charity—in the amounts below. No one will be turned away for financial reason: if you cannot make the suggested offering, please let us know.

- Dai-Sesshin Full Participation: \$425
- Dai-Sesshin Partial Participation: \$60/day
- Zen Life Retreat beginner's sesshin: \$250 (no partial participation)
- Other retreats or events: please refer to their calendar listings for suggested donation

Note that your space at a retreat is confirmed only after you have either submitted an offering or made some other arrangement with us. Offerings may be submitted via PayPal to [info@korinji.org](mailto:info@korinji.org).

**QUESTIONS?** Please contact us: [info@korinji.org](mailto:info@korinji.org).

## 7-DAY DAI-SESSHIN AT KORINJI – TYPICAL DAILY SCHEDULE

*First Night: Arrive to Korinji by 6:30pm. Trainees to be dressed and in the zendo by 7:15pm*

- 7:30 Opening of sesshin (in zendo).
- 7:45 Sozarei (opening tea)
- 8:00 Daza (zazen)
- 9:15 Sosan (interview with the Roshi – mandatory for all present)
- 10:00 Sarei/Kaihan/Kaichin (tea/striking the han/formal lights out)
- 10:15 Group meeting in the dining hall. Optional snack available.
- 10:30 Yaza (mandatory solo zazen practice, inside or outside) until 11:45pm.
- 12:00am Sleep or continue to practice.

*Typical Day*

- 4:30am Kaijo (wake up)
- 4:50 Baito Sarei/Daza (umeboshi tea/zazen)
- 6:00 Dokusan (interview with the Roshi)
- 6:30 Choka (morning chanting)
- 7:15 Shukuza (morning meal)
- 8:00 Samu (work period, indoor and outdoor)
- 10:00 Daza (zazen)
- 11:00 Saiza (mid-day meal)
- 12:00pm Suiza (free sitting)
- 1:00 Sarei/Daza (tea/zazen)
- 2:30 Dokusan (interview with the Roshi)
- 3:00 Kaiyoku (wash)
- 4:15 Daza (zazen)
- 4:45 Yakuseki (evening meal)
- 6:30 Daza (zazen)
- 7:00 Kaihan/Kentan/Daza (striking the han/zendo inspection by the Roshi/zazen)
- 8:00 Dokusan (interview with the Roshi)
- 8:30 Teisho (lecture)
- 9:00 Daza (zazen)
- 10:00 Sarei/Kaihan/Kaichin (tea/striking the han/formal lights out) Afterward, optional snack available in dining hall followed by mandatory yaza (solitary sitting practice) only, 10:30-11:45pm.
- 12:00am Sleep or continue to practice.

*Final Evening: Regular Dai-Sesshin*

- 2:30pm Sosan (interview with the Roshi – mandatory for all present)
- 3:00 Sozarei (closing tea ceremony)  
[Clean up, then informal dinner and farewell by 6pm]

*Final Morning: Rohatsu Dai-Sesshin*

- 4:30am Kaijo (wake up)
- 4:50 Baito Sarei/Daza (umeboshi tea/zazen)
- 6:00 Dokusan (interview with the Roshi – restricted to those with confidence: sosan is held the night before at 8pm)
- 6:30 Sozarei (closing tea)
- Clean up, then informal breakfast and farewell by 10am

## ZEN LIFE RETREAT TYPICAL DAILY SCHEDULE

*Friday Night: arrive to Korinji no later than 6:30pm so you'll have time to park, walk the trail to the monastery, and get settled.*

- 7:15pm – Meet in the meditation hall: welcome, zazen (meditation) instruction and practice together
- 8:30pm – Dokusan (individual meetings with the teacher)
- 9:00pm – Break, snack.
- 9:30pm – Free practice: meditation, walking, breathing.
- 10pm – Bedtime

### *Saturday*

- 5:30am – Wake-up Bell
- 6:00am – Movement exercises, group tea, zazen, dokusan
- 7:30am – Chanting
- 8:15am – Breakfast
- 8:45am - Break
- 9:30am – Samu (work practice)
- 10:30am – Break
- 12:30pm: Informal lunch
- 1-2pm – Break
- 2-3pm – Zazen, optional dokusan
- 3-3:30pm – Open discussion, Q&A
- 4pm – Coffee, tea, chat in dining room
- 5pm – Informal dinner
- 6-7:00pm – Zazen and dokusan
- 7-7:30pm – Break
- 7:30-8:30pm – Dharma talk and Instruction, with Q&A
- 8:30-9:30pm - Free practice: meditation, walking, breathing.
- 10pm – Bedtime

### *Sunday*

- 5:30am – Wake-up Bell
- 6:00am – Movement exercises, group tea, zazen, dokusan
- 7:30am – Close, and short cleanup
- 8:30am – Informal breakfast and conversation together



**I HEREBY REQUEST TO BE A GUEST AT KORINJI FOR A RETREAT OR EVENT**

**Which Sesshin, Retreat, or Event? (Month/Year):**                    /

- I am applying for Dai-Sesshin (7 day sesshin)
- I am applying for a Zen Life Retreat (3 day beginner’s sesshin)
- Other Retreat or Event (please specify which):

*If applying for Dai-Sesshin:*

- I wish to join the **full** event
- I wish to apply for **partial** attendance as follows (please specify the dates when you wish to arrive and depart):

*Please check all that apply:*

- I wish to be a guest in the monastery residence
- I will arrange my own sleeping accommodations in the area (*please inquire for special hotel rates in town*).
- [Seniors or persons with physical limitations precluding the usual retreat daily schedule] I wish to apply for a modified participation schedule, to be determined in consultation with the abbot.

**Personal Info:**

Last Name:	First Name:	Middle Initial:
Street Address:		Apt. #:
City:	State:	Zip/Postal Code:
Country:		
Tel: (     )	Email:	
Date of Birth: (mm/dd/yy)    /    /		Sex:
# of years Zen or other Buddhist practice:	Current Zen or other Buddhist teacher (if any):	

**General Questions:**

1.        What experience do you have in Zen, other Buddhist, or any formal meditation practice? Please list the names of your teachers (past and current) and how long you have studied with them.

2. Are you currently receiving treatment for depression, attempted suicide, chronic pain, an eating disorder, bipolar disorder, obsessive-compulsive disorder, substance abuse, or any mental, psychological, or emotional disorder? Please describe.
3. Are you currently receiving any medical treatment or prescription medication? Please describe.
4. Do you have any food or other allergies? Please describe.
5. Do you have any other physical or mental condition, that could possibly limit your participation in practice at Korinji, including participation in physical work, extended periods of meditation, minimal sleep, residence and sleep in close quarters with others, etc.? Please describe.
6. During your time at Korinji, you will be required (regardless of past experience) to practice according to the instructions of our abbot or other invited teachers. If you currently have a Zen or other Buddhist teacher, have you notified that person of your intention to attend a retreat here, and do you have permission to do so?
7. For Zen sesshin applicants: If you have prior Zen practice experience, please indicate the Zen practice method(s) you currently use in your training (e.g. breath-counting, koan practice, shikantaza, etc.).

**Donation:**

Korinji is a private monastic residence, not a business. We do not charge fees. We suggest that you instead make offerings to The Korinji Foundation—a not-for-profit charity—in the amounts below. *No one will be turned away for financial reasons...if you cannot make the suggested donation, please let us know.*

- **7-day Dai-Sesshin Full Attendance:** \$425
- **Dai-Sesshin Partial Attendance:** \$60/day
- **Zen Life Retreat beginner's sesshin:** \$250 (no partial attendance)
- **Other Retreats:** (please refer to their calendar listings for suggested donation)

- I will submit a donation via **PayPal** before arriving (The Korinji Foundation PayPal address: [info@korinji.org](mailto:info@korinji.org)), in the amount of:
- I wish to additionally donate to The Korinji Foundation scholarship fund, supporting those who are unable to make an offering, in the amount of:



## **Waiver of Liability and Hold Harmless Agreement, and Other Terms:**

I understand that events and activities at Korinji involve strenuous traditional Buddhist training, including the possibility of 10 hours or more of formal meditation practice per day, and with minimal periods permitted for rest or sleep. I understand that participants may receive sharp verbal correction, and may be invited to receive blows from the keisaku stick (used to dispel stiffness and sleepiness during meditation). I also understand that private meetings with the teacher may, in some instances, be monitored or recorded; such recordings are for the protection of both parties, and will not be kept indefinitely. I understand that Korinji is a rural property, with possible hazards including rugged walking conditions, noxious plants such as poison ivy, and the possibility of contracting tick- or mosquito-borne illness.

REGARDING CONTAGIOUS DISEASE: The Korinji Foundation cannot guarantee that its residents, volunteers, partners, guests, or others in attendance at events or activities will not become infected with COVID-19 or other contagious diseases. The health of all attendees, which may include elderly persons and others at risk, is our priority. The following guidelines will be enforced.

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Duty to self-monitor: Event attendees further agree to self-monitor for signs and symptoms of disease while at Korinji, and to notify staff there immediately if they experience any symptoms of any illness.

I hereby certify that I understand and agree to abide by these guidelines.

REGARDING INSTRUCTIONAL MATERIAL AND CONFIDENTIALITY: I understand that some instruction given at Korinji is proprietary and confidential rather than public, in order to ensure that it is only transmitted by fully qualified teachers, and to protect students from accessing it before they are prepared to safely use it. I agree not to instruct, transmit, reproduce, or share by any means, in whole or part, any of the instructional material, practices, documents, or training to which I am exposed at Korinji, without first obtaining express permission from the Korinji abbot.

REGARDING COMMUNITY POLICIES: I understand that Korinji has established community policies including a Harassment Policy (including grievance procedure), a policy governing Teacher-Student Relationships, and a policy defining Ordained and Teacher status, and that these are available for me to read in the Korinji office.

In accordance with these understandings, and in consideration for participation in this activity or event at Korinji and other valuable consideration, I hereby release, waive, discharge and covenant not to sue the Korinji Foundation, its Boards of Directors, the Shareholders, officers, servants, agents, employees or any landowner of any premises where the event or activity takes place (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, whether caused by the negligence of the releasees or otherwise while participating in such event or activity, or while in, on or upon the premises where the event or activity is being conducted or in transportation to and from said premises. In signing this release, I acknowledge and represent that I have read the foregoing Waiver of Liability and Hold Harmless Agreement and Other Terms, understand it, and sign it voluntarily as my own free act and deed; no oral representations, statements or inducements apart from the foregoing written agreement, have been made; I am at least 18 years of age and fully competent (or am the legal guardian of the applicant if applicant is under 18 years of age); and I execute this release for full, adequate and complete consideration fully intending to be bound by the same. I understand that Korinji may deny participation to applicants for any reason, stated or unstated, and may also terminate the participation of any person at any point without stated reason and in its sole discretion and without refund. I attest that the information I have provided above is true and I accept all terms stated herein.

**Signature of Applicant (or guardian):**

**Date (mm/dd/yy):**        /        /