



# Vermont Zen Center

## INFORMATION ABOUT SESSHIN

**PLEASE NOTE:** *Pledges should be up-to-date before applying to sesshin.*

**ARRIVAL:** Sesshin preparations take place during the workday prior to sesshin as well as on the day sesshin begins. Therefore, **please arrive for sesshin by 5 p.m.**, earlier if possible. After sesshin there will be a work period to put the Center back in order. Sesshin officially begins at 7 p.m.

**BEDDING, ETC.:** Please bring all your own bedding—sheets, pillow, pillow case, blankets or a sleeping bag. Also bring your own towel, washcloth, etc. as well as your own toiletries other than soap and shampoo, which are provided by the Center. It is not necessary to bring a mattress. If you are flying to sesshin and cannot bring bulky items, please notify the Center and they will be provided.

**CLOTHES:** Brown zazen robes are required for sesshin. The Center has a few loaner robes if you do not yet have a robe. Bring **DARK, SOLID-COLORED**, loose, ample pants and modest tops for use during the exercise and work periods. Do not wear sleeveless tops, shorts, or spandex during sesshin except under robes. White, light or bright colors and patterned clothing are not appropriate during sesshin. All clothing, **including socks**, should be of a dark, solid color. For warm-weather sesshins, bring a pair of shoes that are easy to slip on and off.

**GROOMING:** Long hair should be worn up at all times during sesshin. Very long hair may be braided and tucked under the robe. Do not shave, use makeup or perfume during sesshin. Everyone is required to use deodorant during sesshin. Body odors are offensive in the close quarters of the dorms and zendo. Therefore, **bring and use daily deodorant or anti-perspirant.**

**FOOD:** Vegetarian meals are provided; do not bring any food with you. If you have special food needs, indicate this on your application.

**SESSHIN JOB:** Everyone has a job during sesshin. Your work assignment will be explained to you before sesshin by the work coordinator. If you are able to come to the workday prior to sesshin there will be an opportunity to review your job in detail.

**MEDICATION:** If you need to take any type of medication during sesshin other than that indicated on your application, please be certain to inform Sensei well before the start of sesshin.

*A light supper will be provided prior to the start of sesshin.*