



Vermont Zen Center

INFORMATION FOR TRAINEES

Start of Training Program: The training program begins on Sunday at 6 p.m. and ends on Friday after lunch, by around 2 p.m. Please be at the Center no later than 5:30 so that you have time to get settled in your room and put on your robe prior to start of the sitting.

Arrival: Please let us know if you need to be picked up from the airport, train station or bus station. You are welcome to come on Saturday if you are from out of town; there is no charge for staying that night at the Center. Let us know if you are arriving early so that your room will be ready.

What to Bring:

- Modest clothing in subdued colors for a variety of weather and for both indoor and outdoor work
- Sun hat for outdoor work
- Sunscreen, bug repellent (also available at the Center)
- Waterproof shoes, indoor slippers (shoes are not worn inside the Center)
- Medications, vitamins, etc. that you normally use

What Not to Bring:

- Tank tops, tight pants, short shorts, and similar clothing
- Strong smelling soaps, perfumes, lotions and the like
- Food, unless you need supplements that the Center cannot provide
- Extraneous reading matter, DVD's, MP3 players, etc.
- The Center will provide linens, towels, zazen cushions

Work: Jobs rotate daily. Everyone takes turns working outdoors, in the kitchen and doing housekeeping. If there is some kind of work you are unable to do, please let us know right away.

Phone Calls: Please tell anyone who may be calling you **not** to call the Vermont Zen Center line except in cases of emergency. For general purposes, if you cannot use a cell phone (ATT & Sprint work at the Center; Verizon does not, though it may work outdoors), please use the house resident's line—802-985-9173—for outgoing and incoming calls. If you are expecting to receive phone calls, please ask people not to call after 9:00 p.m.

Private Instruction: Part of the training program is daily private instruction (dokusan) with the teacher. If you are a student of a teacher other than Sensei Graef, please check with him/her to ensure that you may go to private instruction with Sensei Graef.