



## RETREATS AT KORINJI – INFORMATION FOR GUESTS

Thank you for your interest in attending a retreat at Korinji. We look forward to having you with us! Please read the following information and then submit the application by email to [info@korinji.org](mailto:info@korinji.org).

### About Our Retreats

- We offer two types of Rinzai Zen retreats: a short retreat lasting three days (our beginner's Zen Life Retreat), and an intensive seven-day retreat (called *Dai-sesshin*, or "great sesshin").
- Other retreats, e.g. our Shugendo Mountain Training, will have different schedules than Zen retreats. But the info below will still apply.
- Generally speaking, retreats at Korinji are challenging: days are long and full, and may include many sessions of meditation and minimal sleep each night.
- Before attending a seven-day Zen 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 back-to-back. Our Zen Life Retreat and most other events require no prior experience, but are 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.

### General Information

- Please arrive on time for the retreat start. This means arriving at least 30 minutes prior, if not more. Check each event's calendar listing for start times.
- Participants who have formal student-teacher relationships with other Buddhist teachers are requested to obtain permission from them before applying for a retreat at Korinji.
- For some retreats, an adapted schedule with more sleep may be offered to seniors and other persons requiring it.
- Most retreats include *samu*: 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 and other activities. 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 during retreats.
- 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 your time here.

## What to Bring

- A sleeping bag and pad if you are sleeping as a guest at the monastery residence.
- For Zen retreats, formal practice garments (gi and hakama for laypersons, robes for ordained) are the norm. But if this is your first retreat with us, please just wear modest clothing (no shorts or tank tops) in neutral colors, without words or printed designs.
- Lay Zen practice clothing may be purchased online by searching for “iaido uniforms.” See, for example, [www.e-bogu.com](http://www.e-bogu.com). You will need a black keikogi (top), black hakama (bottom), black obi (belt), white juban (undershirts) or v-neck white t-shirts, and white tabi (split toe socks) or other white socks of any kind. We will be happy to show you how to wear these garments.
- Other traditions, like Shugendo, have slightly different clothing requirements. Please see those details in each event’s calendar listing.
- Outdoor sandals or shoes that can be quickly slipped on and off, for walking between buildings.
- Clothes and footwear appropriate for 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.
- For Zen retreats: bring jihatsu (Zen eating bowls) if owned. If not, these will be available to borrow.
- Korinji Okyo book (or other texts, depending on the retreat) 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. Please leave these in your car or the front office. If you need to give an emergency contact number to someone, please give our office phone: (608) 415-6814.
- Cameras. Taking photographs during retreats is not permitted without prior approval.
- Books (other than standard texts required for practice).
- Musical instruments.
- Personal food.
- Intoxicants or recreational drugs of any kind.
- Firearms or other weapons.

## Traveling and Arriving

- The closest airport to Korinji is Dane County Aiport in 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. Many students have taken an Uber from MSN. You may also wish to explore trains that arrive in Wisconsin Dells or Portage, WI.
- Korinji's parking lot address is S470 Hirst Road, Reedsburg, WI. This is the address for all guest arrivals. Google Maps or a similar service will give you accurate directions. When you arrive at that spot, you will not see buildings from the road; you will only see forest and a blue sign "S470". Next to the sign is a 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. Please see the guidelines in the application form.

## 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
- 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).



Please complete and return by email to [info@korinji.org](mailto:info@korinji.org)

**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)
- I am applying for another 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 participation in the usual retreat daily schedule] I wish to apply for a modified participation schedule, if possible, to be determined in consultation with the retreat staff

**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:  |                  |
| Emergency Contact Name:                    | Emergency Contact Tel: (     )                  |                  |
| # 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 now receiving, or have you ever received, 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 taking any 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.

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 have tested positive for Covid-19 or other contagious diseases within the two weeks prior to arrival.
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.

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):**        /        /