



Intensive Preparation

If you have successfully developed a stable daily practice of Zen meditation as a member of Zenwest, and are wondering how to go further with our Sangha, this course is your next step. Participants will be introduced to the subtleties and differences involved in intensive training, and will receive an orientation to, and experience of, practices that are specific to intensive training in the Zen tradition. The Intensive Preparation course is the gateway to deepening your practice.

Course calendar

- Day 1:
- Introduction to the differences between intensive practice and daily practice.
 - Intensive practices: Sutra walking, and keisaku.
 - Sutra walk and two 25-minute periods of sitting* and walking practice.
 - Informal tea and discussion.

** The Keisaku will be offered on an optional basis.*

- Day 2:
- Introduction to formal meal practice.
 - Two 25-minute periods of sitting and walking practice.
 - Formal meal service.**
 - Informal tea and discussion.

*** Vegetarian meal – dairy and/or egg products may be used unless participants have allergies.*

Course content is subject to change without notice.

Course registration

All sessions are held at our main zendo at 4970 Nagle Road in Sooke.

Due to the logistical requirements of running the Intensive Preparation course, we will run it whenever we have 2 or more Members registered. If you would like to register, please submit your deposit, and you will be contacted to arrange course scheduling.

Attendance at both sessions of the Intensive Preparation course is required to successfully complete the course.

Completion either of the online Orientation to Zen Training Program + Practice Assessment, or of an Orientation consultation with the Zenwest Abbot, is a prerequisite for enrollment in the Intensive Preparation course.

Fees for the Intensive Preparation course and materials are included in the price of Zenwest Full membership. The price for Basic and Distance members is \$95, with a non-refundable deposit of \$50 required to reserve a seat and the balance due one week before the first day of the course. Cash, cheque, or PayPal payments are accepted. Cheques are payable to "Zenwest Buddhist Society". There are no refunds.

Please complete and return the attached application form with your payment to: Zenwest Buddhist Society
4970 Nagle Road
Sooke, BC V9Z 1C7

If you wish to pay by PayPal, please visit <http://www.zenwest.ca/training.htm> or email registrar@zenwest.ca for further details.