



OzZen: ON-LINE WEEKEND SESSHIN
(INTENSIVE PRACTICE PERIOD):

Living Zen

TEACHER: ANDREW TOOTELL

**DATES: COMMENCING FRIDAY
EVENING 6TH NOVEMBER AT 7PM
& FINISHING SUNDAY 8TH
NOVEMBER AT 12 NOON**

COST: BY DONATION - GO TO THE
DONATE NOW LINK ON THE OZZEN
WEBSITE

PLEASE RSVP: ANDREW @
ATOOTELL@GMAIL.COM
TO REGISTER FOR ZOOM LINK DETAILS



This weekend sesshin (intensive practice period), led by Australian Zen teacher Andrew Tootell, will include guided meditations, periods of zazen (silent meditation), dharma talks & discussion and an opportunity for a private interview.

This retreat is designed for people who have work and family responsibilities. *It is not necessary to be present for every session, but it is requested that you make an intention to participate mindfully from the start to the finish.* Family commitments and work practice are a central part of Zen practice, giving you a great opportunity to practice Zazen in your everyday life by participating in this sesshin. Participants are encouraged to sit as many sessions as they can and custom design the sesshin to fit in with what works best for them. See sesshin schedule on next page.

Andrew is a Mental Health Social Worker/Psychotherapist in private practice in Bellingen and on-line. Andrew is a dharma heir of Barry Magid, a Teacher in the Ordinary Mind Zen School lineage founded by Charlotte Joko Beck.



Friday Evening 6th November

- 06:45 - 07:00 pm ... Check-in
- 07:00 - 07:15 pm ... Orientation to the Retreat
- 07:15 - 07:50 pm ... Dharma Talk & Discussion
- 07:50 - 08:00 pm ... Break
- 08:00 - 08:25 pm ... Zazen (Silent Meditation)
- 08:25 - 08:30 pm ... Practice Principles & Reminder

Saturday 7th November

- 08:00 - 08:10 am ... Reading
- 08:10 - 08:45 am ... Guided Meditation

- 10:00 - 10:35 am ... Zazen (Silent Meditation)
- 10:35 - 10:45 am ... Break
- 10:45 - 12:00 am ... Dharma Talk & Discussion

- 01:30 - 05:00 pm ... Unstructured Sitting & Private Interviews

- 07:00 - 07:35 pm ... Dharma Talk & Discussion
- 07:35 - 07:45 pm ... Break
- 07:45 - 08:20 pm ... Zazen (Silent Meditation)
- 08:20 - 08:30 pm ... Practice Principles & Reminder

Sunday 8th November

- 08:00 - 08:10 am ... Reading
- 08:35 - 08:45 am ... Guided Meditation

- 10:00 - 10:35 am ... Zazen (Silent Meditation)
- 10:35 - 10:45 am ... Break
- 10:45 - 11:50 am ... Public Interviews
- 11:50 - 12:00 am ... Closing service & Practice Principles



Sunday Schedule

10:00	Standing Yoga
10:10	Orientation
10:15	Guided Meditation
10:45	Walking Meditation
10:55	Reading (Faith in Mind)
11:00	Silent Meditation
11:15	Morning Tea
11:45	Dharma Talk (Peter) and Q&A
1:00	LUNCH
2:00	Silent Meditation
2:15	Walking Meditation
2:25	Practice Reading
2:30	Dharma Talk (Andrew) and Q&A
3:15	Afternoon Tea
3:45	Silent Meditation
4:10	Walking Meditation
4:20	Silent Meditation
4:45	Closing Ceremony: Sharing Circle Concluding remarks Offering Dharma gate Practice Principles Close and Pack Up.



FOR MORE INFORMATION CONTACT: CONTACT NAME @ TELEPHONE