

Ashland Zen Center
ONE-DAY SITTING

Sunday, February 22, 2026
6:00am-5:00pm

Name _____ Age _____

Phone _____ Email _____

Address _____

Emergency Contact: _____ Phone: _____

ORYOKI MEALS

We will eat sesshin meals with an oryoki set of bowls and utensils.

- I need to borrow an oryoki set from Zen Center
- I will bring my own oryoki set to sesshin
- I will attend oryoki training Saturday, Feb 21 at 1:00 pm
- I have attended an oryoki training in the past year

SETUP

- I will help prepare the Zen Center for the One-Day Sitting: 9:00-10:00 am on Friday, Feb 20

MEDICAL

- I have a diagnosed medical condition sesshin leaders should know about. *Explain on back.*
- I take a medication sesshin leaders should know about. *Explain on back.*
- I have a doctor-diagnosed dietary restriction. *Explain on back.*

The menu will be vegetarian. We adhere to Buddha's teaching of 'no picking and choosing' and are unable to cater to food preferences.

FEES

Registration fees are due at time of registration. You are not registered until paid. No refunds will be given. Registration closes one week before the event, on Sunday, February 15.

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| <input type="checkbox"/> Pledging member of AZC: | \$40 |
| <input type="checkbox"/> Non-pledging member: | \$50 |
| <input type="checkbox"/> Donation to scholarship fund: | \$ _____ |

TOTAL ENCLOSED \$ _____