



KORINJI RINZAI ZEN MONASTERY
臨濟宗・祖的山光林禪寺

INFO AND REGISTRATION FOR KORINJI'S APRIL 17-18 ZEN LIFE RETREAT

1. Schedule:

10am on April 17 - 5pm on April 18. Please plan to arrive no later than 9:30am on the 17th, as that will give you time to park, walk the trail to our monastery, and get settled.

2. Directions:

Korinji's parking area is at [S470 Hirst Road, Reedsburg WI](#). Entering that address into Google Maps or a GPS will get you right there, but you won't see much...just woods, and our blue fire number sign "S470" at the entrance to our graveled parking area. Please pull in and park (do not park on the side of the road, as you will be towed by the county!).

At the rear of the parking area is a sign pointing you toward a stone-lined trail leading down steps into the woods...follow this trail, and after a short walk you'll arrive at our gate (you can't get lost). Please watch your step on the trail, especially if the weather is wet!

After passing through our main gate you'll come uphill to our buildings. The second building at the top of the hill is where we'll meet: please follow the signs to our office.

3. What to Bring:

Please bring the following to the retreat:

- Clothing: for meditation we sit on the floor on cushions (a chair is possible, if you require that). Some of our activities also require movement. So please bring clothing that is comfortable and fits loosely, as you might for any physical activity or light work. Modest clothes (no shorts or tank tops) in solid neutral colors, without words or printed designs, are preferred. Jeans are not practical for meditation.
- Footwear: Korinji is a rural property, so please wear shoes appropriate for walking outdoors. Outdoor sandals for walking between buildings are also helpful. When indoors you will be barefoot.
- A sleeping bag and pad if you are sleeping as a guest at the monastery residence. If you prefer to sleep in a local hotel, the nearest town to search is Reedsburg (about 8 miles away).
- 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.

4. To Register:

Please send the suggested donation of \$120 by Paypal to info@korinji.org. Please be sure then to give us your full name and best email for contact purposes. Note: If you are unable to donate the suggested amount, please let us know - all donations are gratefully accepted.

Finally, you may like to read the book authored by our abbot, Meido Roshi, which is available on Amazon and elsewhere. It contains a detailed introduction to Zen Buddhist teaching and meditation, especially written for beginners. Some of the material we will cover in the retreat is in this book:

<https://www.amazon.com/Rinzai-Zen-Way-Guide-Practice/dp/1611805171>

Please email us with any questions: info@korinji.org. We look forward to seeing you at Korinji!