



# THE OHASHI INSTITUTE

ZENDO PROGRAM  
2010



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***We are so glad you are joining us for this unique experience at the Zendo!***

For a meaningful experience at Dai Bosatsu Zendo (DBZ), give special consideration to the environment of this retreat. Most importantly, DBZ is not a resort or spa; it is a setting for study and spiritual exercise. Therefore, do not bring any distracting items such as radios, television sets, or magazines. In keeping with the spirit of the monastery, the use of cosmetics and perfumes is discouraged. Alcoholic beverages, drugs, smoking and meat are forbidden in the monastery. The monastery is unable to accommodate children and pets. Finally, please be aware that we follow the monastery's custom of taking our meals in silence.

It is important that you arrive at DBZ between 1:00 and 4:00pm on the first day of the retreat in order to attend orientation in the monastery. This will introduce you to practical matters regarding wake-up, meditation, eating with bowls and chopsticks, and general monastery living. Following this, there will be an orientation in the guest house to inform you of the class and practice schedule, evening events, and other useful details to guide you during your stay.

Students who wish to arrive before the first day or stay after the last day of the Ohashitsu Program must make arrangements directly with the Zendo staff.

*\*Please make sure to turn in the Room Reservation Form early, since room assignments are given on a first-come, first-served basis.*

**Ohashi Institute (Registrar)**  
 147 West 25th Street, 6th floor  
 New York, NY 10001  
 646-486-1187, 800-810-4190  
 Fax: 646-486-1409  
 registrar@ohashiatsu.org

**The Dai Bosatsu Zendo**  
 Beecher Lake Rd.  
 Livingston Manor, NY 12758  
 Tel: 845-439-4566, Fax: 845-439-3119  
 www.daibosatsu.org/dbzindex.html

## DAILY SCHEDULE

<b>Chanting</b>	<b>5:30am-6:00am</b>
<b>Meditation</b>	<b>6:00am-7:30am</b>
<b>Breakfast</b>	<b>7:30am-8:00am</b>
<b>Class</b>	<b>9:00am-12:00pm</b>
<b>Lunch</b>	<b>12:30pm-1:30pm</b>
<b>Class</b>	<b>2:00pm-5:00pm</b>
<b>Supper</b>	<b>5:30pm-6:00pm</b>
<b>Study, practice &amp; class</b>	<b>6:00pm-8:00pm</b>

*Tutorials, sessions, meridian exercises, hiking, swimming and Zen talks.*

## WHAT TO BRING

There is a beautiful lake on the grounds, so be sure to bring your swimsuit. There are no shopping facilities near the Zendo so please come prepared with everything you will require for your stay, especially toiletries. The floor at the Monastery is wood. If you have difficulties with your knees, please bring knee pads. If you get cold feet, bring heavy socks.

Essential items:

- A large towel
- Comfortable clothes for class: Intermediate and Advanced students are required to wear a white gi and white socks that comply with the Ohashi Institute's specifications.
- Warm clothes for the cool and damp evenings. A heavy sweater is a must, as well as heavy cotton or wool socks, as no shoes are worn in the monastery.
- We recommend that you bring two sets of white gi's, t-shirts and tabis. Gi's and tabis can be purchased at the Institute. Gi is not needed for Beginning I.

We also recommend:

- Calling card for the phone - there is no cell phone service.
- Rainwear • Extra towels • Sweater • Warm underwear • Hiking shoes • Flashlight



## READING REQUIREMENTS

Beginning I	Beyond Shiatsu	(Ohashi)
	Do-It-Yourself Shiatsu	(Ohashi)
	Hara The Vital Center of Man	(Durckheim)
Intermediate I	Zen Shiatsu	(Masunaga & Ohashi)
	Illustration of Acupoints	(Kinoshita)
	Grasping the Wind	(Ellis, Wiseman & Boss)
Advanced I	Dragon Rises, Red Bird Flies	(Hammer)
	All Sickness is Homesickness	(Connelley)
	Web That Has No Weaver	(Kaptchuk)

These books may be purchased at the Ohashi Institute in New York.

### Beginning I

Beginner's mind, Zen Mind, Ohashiatsu Mind  
No prerequisite for this level.



with Ohashi

### Intermediate I

- Wear a white Gi to class according to "Gi Specifications".
- Give Registrar a copy of Student card to verify completion of all previous courses.
- \$75 Tutorial payable to Instructor first day of class.
- To register the following classes have to be completed:  
Beg I, II, Anatomy I.



with Millie Hermanto

### Advanced I

- Wear a white Gi to class.
- Give Registrar a copy of Student card to verify completion of all previous courses.
- 15 Practice Classes, 8 Private Sessions from 3 COC/COIs.
- 3-4 Case studies (totaling 15 sessions) **due to Registrar by June 18.**  
See "Case Study Guidelines."
- Letter to Ohashi Sensei explaining why you want to enter the Advanced level.
- \$95 Tutorial payable to the Institute upon registration.



with Cynthia Lucash Warshaw

### PRIVATE SESSIONS • Extra Private Tutorial

You may fulfill some of your practice class and private session requirements at the Zendo. Schedule your private sessions and tutorials upon registration at the Institute. Register early as spaces fill up quickly.

## ARRIVAL TIME

Please arrive at Dai Bosatsu Zendo between 1 and 4pm on Saturday, July 10th. If you wish to arrive before the first day or extend your stay beyond the last day of the Ohashiatsu Program, you must arrange to do so directly through the Zendo. Arrangements may be made by writing or calling Dai Bosatsu Zendo (address and telephone number listed on page 1). The best time to call is between 9 to 11am, Eastern Time.

## TRANSPORTATION TO THE ZENDO

### From NYC by Public Bus

The **Shortline Bus Company** runs several times daily from Port Authority to Livingston Manor. The ticket office is located on the 2nd floor of the terminal's north entrance, West 42nd Street and 8th Avenue. Call **800-631-8405** for schedules and exact fares (approx. \$72 roundtrip, leaves at 8am).

Make arrangements with Zendo to pick you up at the bus stop. Roundtrip fare is about \$25.

Another possibility is to take the bus to Liberty (bus fee \$64 RT) and from there take a taxi to the Zendo, which is 20 miles away. This is also approximately \$70/75 one way and reservations should be made in advance by calling **Sureway Taxi** at **845-292-8805**.

### By CAR from NYC

1. Cross the George Washington Bridge and from the right lane exit to Palisades Parkway North. After about 30 minutes, take Exit 18 to Rte. 6 West. Follow the signs for Rte. 6 West to Rte. 17 West. If you are coming from the NY State Thruway (I-87), take Exit 16 at Harriman.
2. Take Rte. 17 West to Exit 96, Livingston Manor. Follow the exit ramp to the yield sign and turn right. DBZ is 19 miles (45 minutes to one hour) from this exit, so check your odometer.
3. Within 100 yards of the yield sign, you will see a "T" junction and a stop sign. Turn right. (Livingston Manor is the last place to buy gasoline, so turn left here if you need it.) Drive for about 1 mile. Take the first right after you see a sign for King's Catering. This is Beaverkill Road, Sullivan Co. Rte. 151.
4. Stay on Beaverkill Road. Its number will change from Sullivan Co. Rte. 151 to Ulster Co. Rte. 152. The Beaverkill River will be on your left for most of the way. Always keep right.
5. The town of Lew Beach is 9 miles from Exit 96. 12.6 miles from Exit 96 there will be a "Y" intersection. Keep right to Turnwood. 15.7 miles from Exit 96, Quill Gordon Lodge will be on the left. 18.2 miles from Exit 96, you will see a white French-style chateau on the right and the entrance to DBZ is less than a mile from here, on the left.
6. Drive through the gate and slowly drive 2 miles to the monastery buildings.
7. Park temporarily near the monastery and follow the "Visitors" sign to the main entrance. After registering, you may unpack your car and park in the lot near the woodshed.

### SPECIAL NOTES

- Total travel time from NYC is approximately 3 hours.
- Ignore all DEAD END signs.
- Livingston Manor is the last chance for fuel before DBZ.



## Student comments

“Nature, Discipline, and Art: My Zendo Experience. To me Ohashiatsu is an art and a discipline. It is a practice that evolves and improves through each encounter of touch. The hands-on part is just the icing on the cake. What is below the surface, the base, the fundamentals, are what I found exemplified in the Dai Bosatsu Zendo monastery: beauty, grace and regimen. The Zen way has respect for everything, shown in the way one eats, the way one sits and the coordination with nature”.

*Kelly Atlas-Bauché, Graduate.*



## New York City Hotels

*We recommend that overseas students arrive in New York 2-3 days prior to the Zendo Retreat.*

### **Chelsea Hostel**

251 W 20th St, NY, NY 10011  
T.212 647 0010 F. 212 727 7289  
Dorm Rm \$33-37  
Private Rm \$82  
www.chelseahostel.com

### **Big Apple Hostel**

119 West 45th Street  
New York, NY 10036  
(212) 302 2603  
4 Bed Dorm Rm: \$43  
1 Queen Size Bed (2 people) \$130

### **Vanderbilt YMCA**

224 East 47th Street (bet. 2nd/3rd Ave.)  
Tel: (212) 756-9600  
Rate: \$75 one person  
\$100 two people

### **Chelsea Inn**

251 West 17th Street (bet.5th/6th Ave.)  
(212) 645-8989  
www.chelseainn.com  
Rate (continental breakfast included):  
\$99-139 double shared bath - \$259 four people

### **American Dream 24 (Hostel)**

168 East 24th Street  
New York, NY 10010  
(212) 260 9779  
Double Rm \$105 Shared Bathrm  
Private Rm \$78 Shared Bathrm + breakfast

### **The Sutton Residence**

Lexington Ave and 47th Street  
(212) 838-3852 (Mon – Sat 9AM – 1PM)  
Reservation@suttonresidence.com  
Dorm Rm \$35 (6 to 16 beds)  
Private room shared bathroom \$125  
www.suttonresidence.com

### **Chelsea Savoy Hotel**

204 W.23rd St. (@7th Ave.)  
New York, NY 10011  
tel 866 929-9353  
Single Rm : \$99~125  
Dbl Rm : \$135~250  
www.chelseasavoynyc.com

### **Leo House (Hotel)**

332 West 23rd St.  
New York, NY 10011  
(212) 929-1010  
Single Rm/Double Rm \$100/\$120 Private Shower  
Single Rm/Double Rm \$90/\$115 Shared Shower

### **Hotel 17**

225 E. 17th St.  
New York, NY 10003  
(212) 475-2845  
1 Single Bed \$115 Shared Bathrm  
1 Dbl Bed \$165 Shared Bathrm  
2 Dbl Bed \$225 Shared Bathrm

### **Hotel 31**

120 E.31st St.  
New York, NY 10016  
(212) 685-3060  
W/Bthrm NoBthrm  
High season \$180 \$160  
Low season \$130 \$100  
www.hotel31.com

### **Hampton Inn Chelsea (Hotel)**

108 West 24th St.  
New York, NY 10011  
(212) 414-1000  
Rates vary from \$219-\$419 for single room  
www.hilton.com

# 2010 Zendo Reservation Form

Zendo Retreat July 10-17, 2010.

Please fill out this form and return to the Registrar.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Home: \_\_\_\_\_ Office: \_\_\_\_\_

Cell phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Please register me for:

\_\_\_\_\_ Beginning I \$550\*/\$650

\_\_\_\_\_ Intermediate I \$600\*/\$700

\_\_\_\_\_ Advanced I \$870\*/\$970

*\*To receive the \$100 early registration discount, balance of Tuition and Room & Board must be paid in full by June 10.*

### Housing preferences:

\_\_\_\_\_ I would like to be housed in the monastery. (\$750)  
*Rooms that sleep 2-4 people, (or 10 in the dormitory), on tatami mats and futons.*

\_\_\_\_\_ I would like to be housed in the guest house. (\$750)  
*Rooms that sleep 2-4 people, on conventional beds.*

\_\_\_\_\_ I would like to share a room with: \_\_\_\_\_  
*Accommodations assigned on a first come, first serve basis. Requests are not guaranteed.*

**Please make checks payable to the Ohashi Institute, or provide your credit card information below.**

**All tuition, room and board, and fees are due by *June 30*.**

Discover/Amex  
Visa/Mastercard# \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

Ride exchange:

\_\_\_\_\_ I need a ride.

\_\_\_\_\_ I am driving and can take \_\_\_\_\_ (# of) people.

Leaving from: \_\_\_\_\_

Phone # \_\_\_\_\_