

# Chapel Hill Zen Center

## 5-day Sesshin Registration Form

May 30–June 4, 2025 | Registration Due Wednesday, May 21  
Chapel Hill Zen Center PO Box 16302, Chapel Hill, NC 27516

*Consider filling out form  
before saving to your computer.  
Then send by email to  
info@chzc.org  
without needing to print.*

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

**Liability waiver:** *Prior to sesshin, you will be required to sign a waiver whereby you release the Zen Center from any liability for accident or injury, and agree not to sue. You may request a copy of the form in advance.*

I have a medical condition:                      Yes                      No  
*For example, diabetes, heart condition, pregnancy. Please attach a short statement of explanation if yes.*

I have an allergy or food restriction:    Yes                      No                      List allergy and severity:

I have an oryoki I can bring:                      Yes                      No

I need a chair for zazen:                      Part time                      Full time

I plan to arrive at \_\_\_\_\_ on \_\_\_\_\_ . I plan to leave at \_\_\_\_\_ on \_\_\_\_\_ .

I am sitting only part of sesshin/I have a modified schedule:                      Yes  
*If sitting a modified schedule, please write out the details.*                      Modified schedule (if applicable):

I can help set up (Friday, 5–6 PM):                      Yes

I can help clean up on last day:                      Yes

I have enclosed my deposit/sitting fees: \$ \_\_\_\_\_

I would like to donate toward the scholarship fund: \$ \_\_\_\_\_

I paid my deposit/sitting fees online (chzc.org/donate.htm):                      Yes                      Amount paid: \$ \_\_\_\_\_

If this is your first sesshin with the Chapel Hill Zen Center, please attach a short statement about your zazen practice and history: How long have you been sitting zazen? How often are you currently sitting? Have you sat a one-day sitting or longer sesshin before? If so, when and with whom?

I have room in my home for someone from out of town to stay?                      Yes

Where do you plan to sleep?