

2026 SHUGENDO MOUNTAIN TRAINING (NYUBU SHGYO) IN SEATTLE
September 11-13, 2026

INFORMATION AND APPLICATION MATERIALS

Thank you for your interest in participating in the 2026 Shugendo Mountain Training in Seattle, WA. This training is being organized by Choiezan Enkyoji Nichiren Buddhist Temple Seattle and its affiliated Enkyoji Shugendo Dojo. We look forward to having you with us!

Please read the following information and then submit the application by email to shugendopnw@gmail.com by August 15, 2026. (We will consider applications received after that date based on available space.) Following your registration and acceptance for the training, you will receive additional information closer to the training date.

General Information

Though only lasting Friday evening through Sunday afternoon, this is a challenging retreat designed to replicate the schedule and conditions of mountain training in Japan. Training will include extensive hiking on mountain trails, in unpredictable and often wet weather conditions. We will primarily fast through the full training weekend, and the amount of sleep all weekend will likely be less than you are used to. That being said, anyone can complete this retreat who is reasonably fit, and we all support one another. We encourage participants to prepare by hiking and walking regularly in advance of the training.

During the entire retreat you will be at Choeizan Enkyoji Temple (or another nearby location) in Seattle, or in nearby mountains and forested areas. A detailed schedule will be provided closer to the training date, but we encourage all participants to arrive at the Temple between 6:00 PM/6:30 PM on September 11. Training will conclude on the afternoon of September 13, with plans for an optional closing dinner that evening.

Participants who have formal student-teacher relationships with other Buddhist or Shugendo teachers are requested to obtain permission from them before applying for this training.

For participants with medical needs and/or physical limitations who may need special accommodations for their participation in training, please include this information in the application below in case we can provide an adapted schedule. If you have food-related health issues or allergies, please also include this in the application below. Personal food is not permitted during the training, though participants may bring emergency food as part of their “10 essentials” or for their specific medical needs.

While we are conducting training both inside and outside of temple grounds, please set aside all other concerns, relationships and activities.

Contingency Planning: Depending on weather, air quality conditions, and the possibility of outside fire and burn bans, we may need to adjust our schedule to ensure participants’

safety amid conditions we cannot control. Our previous trainings in Seattle have been impacted by everything from thunderstorms and unseasonably cold temperatures and rain, to record-breaking heat and hazardous air quality resulting from wildfire smoke. We will explain any schedule changes to participants in advance of the training, and upon your arrival. Please come prepared and monitor local conditions in advance of the training.

Pre-Screening Interview

For participants joining our mountain training for the first time, when you register we will schedule a Zoom interview with you to discuss the training, answer questions you have, check on medical and dietary restrictions, and ensure you are prepared to fully participate in the training and complete the training successfully.

Lodging

Participants will need to make their own lodging accommodations in Seattle. There are multiple hotel options near Choiezan Enkyoji Temple.

What to Bring

Clothing: Our tradition is to wear white clothing during training, and we encourage participants to bring white clothing suitable for walking outdoors in the weather conditions. Most importantly—please bring outdoor clothing suitable for hiking. Moisture-wicking and heat-retaining layers of wool, polypropylene and other synthetic clothing (not cotton) and rain gear are essential. We will monitor weather forecasts and trail reports leading up to our training date, but come prepared for adverse weather conditions.

During services and training while not on the mountain, you can wear *samue* (traditional Japanese monastic work clothing) if you have this, as well as *hakama* or robes that you use in your own traditions if you would like.

Gear:

- Daypack with a change of clothing suited to the conditions: rain gear, hat, warm layers to carry during our hike, etc. depending on the weather.
- Appropriate hiking footwear for rocky and possibly wet terrain, providing ankle support. Sturdy *jika tabi* footwear may be worn.
- Hiking stick or poles if you wish.
- “Ten Essentials” for outdoor activities that are not already listed above (including sun protection, First Aid kit, heat source (matches, lighter, fire starters), repair kit and tools (knife, duct tape, multi tool), emergency food, water and water bottle, emergency shelter (tarp, space blanket)).
- *Juzu*, *shakujo*, ritual texts, or other items for use in Shugendo practice.
- Medications and/or medical devices.
- Bathing suit or other garment you can wear for *misogi* or *takigyō* training should you choose to participate, a small towel to dry off, and sandals or other footwear for wearing in water.
- Notepads/notebooks

What Not to Bring

- Please store personal computers and other electronic or entertainment devices of any kind in a secure place, if you happen to bring these. For security reasons, please do not leave these in your vehicle if you have a car during training.
- Firearms and other weapons
- Recreational drugs and intoxicants
- Books (other than standard texts required for practice)
- Musical instruments
- Personal food unless required for medical reasons

Health and Dietary Considerations

Please inform us as soon as possible of any health or medical considerations and dietary restrictions we should be aware of, including any special accommodations you may require. If you do not wish to include this information in your application materials but would like to discuss these with the instructors in advance of training or prior to confirming your participation, please let us know.

If you are immunocompromised or for health reasons wish to wear a mask during training, masks will be available for participants who do not bring their own.

Out of courtesy to other participants, please advise us in advance of the training if you have recently been ill with a communicable disease, and/or if you have health considerations that other participants should be sensitive to.

In the event of a medical emergency in Seattle, Choeizan Enkyoji Temple is located near major medical facilities and hospitals. In the event of a medical emergency during mountain training, after calling 911 the initial response is likely to be by local fire department EMTs and the closest emergency room/hospital is at least a 25-30 minute drive from the trailhead. Please bring proof of your medical insurance with you.

If you have any first aid certifications (Red Cross, Wilderness First Responder, etc.) or are a medical practitioner—and would be ready and willing to assist with any medical contingencies during the training—please be sure to let us know when you register!

We will bring extra water during training, as well as purification filters to utilize water sources along the trail. Participants should not hesitate to ask for water if you need it.

Personal Phone Policy

Participants may bring their mobile phones, though we strongly encourage you to keep them turned off as much as possible during the training. We recognize that some participants may be required by their jobs to be accessible 24/7 or to check messages from time to time. Training is an incredible opportunity to put aside the distractions of everyday

life, and we want participants to take full advantage of this, as well as to be considerate of the experiences of their fellow participants.

Photos

We kindly request participants do not take their own photos during the training, unless otherwise directed by our instructors. Leaders of our group will take photos to share with participants. We will also confirm with everyone in advance which photos they would be comfortable being shared or posted in social media. We will not tag individuals in any photos we post on social media, and we request this of all participants too.

Transportation and Logistics

Choeizan Enkyoji Temple is located in Seattle's Chinatown-International District. It is accessible by light rail via the International District light rail station, located just two blocks from the temple. The nearest airport is Seattle-Tacoma ("Sea-Tac") International Airport, which offers light rail line with service into downtown Seattle every 10-20 minutes. Amtrak King Street Station is a 10 minute walk from the temple.

We regret that we are unable to provide transportation for participants during the training. If you have a car and would be willing to help drive other participants to training areas, please let us know so that we can connect other participants with you for carpooling. Please also let us know your flight numbers, in case it is possible to coordinate a ride share for multiple participants heading to and from the airport.

Donation

Choeizan Enkyoji Temple is a 501(c)(3) not for-profit religious charitable organization. The temple does not charge fees for retreats, but kindly requests that participants instead donate an offering of \$200 for this training. Participants who would like to make a deposit to hold their spot are encouraged to make an offering of \$100 by the registration deadline of August 15, 2026, with the full donation by September 1.

No one will be turned away for financial reasons, and if you cannot make the suggested offering, please let us know before you arrive.

Please note that your space at the training is confirmed only after you have made a donation/deposit or another arrangement with us. Registration together with offerings may be submitted via the Gasshodo website [at this link](#).

Questions?

Please contact us at shugendopnw@gmail.com

2026 SHUGENDO MOUNTAIN TRAINING (NYUBU SHGYO) IN SEATTLE
September 11-13, 2026

Retreat/Event Guest Application

Please complete and return by email to shugendopnw@gmail.com. Feel free to attach additional/supplemental pages as needed to complete your registration materials.

I HEREBY REQUEST TO PARTICIPATE IN THE SEATTLE MOUNTAIN TRAINING EVENT,
September 11-13, 2026

Personal Information

Last Name:

First Name:

Middle Initial:

Street Address:

Apt. #:

City:

State:

Zip/Postal Code:

Country:

Phone Number:

Email:

Date of Birth: (mm/dd/yy)

Sex:

Emergency Contact Name:

Emergency Contact Phone Number:

Experience

of years Buddhist, Shinto, and/or Shugendo practice:

Current Buddhist, Shinto, or Shugendo teacher (if any):

General Questions

(Note: If you need more space than provided below, please feel free to include your answers in an attached page.)

1. What experience do you have in Buddhist, Shinto, or Shugendo practice? Please list the names of your teachers (past and current) and how long you have studied with them.

2. Do you have any health, physical or mental condition that instructors should be aware of in advance, and that could possibly limit your participation in activities during the weekend, including hiking (10 miles per day), physical work, extended periods of meditation, minimal sleep, fasting, exposure to smoke and cold water, etc.? Please describe.

3. Are you currently receiving any medical treatment or taking any prescription medication? Please describe.

4. Do you have any food or other allergies? Please describe.

5. During the training, you will be required (regardless of past experience) to practice according to the instructions of our invited teachers. If you currently have a Buddhist, Shinto, or Shugendo teacher, have you notified that person of your intention to attend the training, and do you have permission to do so?

6. If you are a Shugendo practitioner, please indicate the lineage(s) under which you are training or have trained.

7. Do you have any medical certifications (CPR, EMT, Wilderness First Responder, etc.), in the event of a medical emergency during the training that you may be able to assist with? If so, please describe.

Logistics:

Please check all that apply:

I confirm that I will arrange my own lodging in the Seattle area.

I will have access to a car/vehicle while participating in Seattle Mountain Training, and would be willing to assist as needed with driving or carpooling with other participants who may not have access to their own vehicle.

My vehicle can accommodate additional passengers.

[*Seniors or persons with physical limitations precluding participation in the usual retreat daily schedule*] I wish to apply for a modified participation schedule, if possible, to be determined in consultation with the mountain training instructors.

Donation:

No one will be turned away for financial reasons. If you cannot make the suggested donation, please let us know below.

Suggested Offering: \$200

I have submitted an offering of \$200 at: <https://gasshodo.com/product/shugendo-mountain-training-nyubu-shugyo-in-seattle-9-11-26-9-13-26/>.

I would like to hold a place in the training, and will submit an offering of \$100. I will submit the complete donation by August 1 in advance of the training.

I am not able to make the suggested donation, and would like to discuss other arrangements.

I wish to additionally donate towards supporting those who are unable to make an offering, in the amount of: _____.

Waiver of Liability and Hold Harmless Agreement, and Other Terms:

I understand that Shugendo events and activities planned for this event involve strenuous traditional training, including hiking on rough and irregular mountain trails, with minimal periods permitted for rest or sleep, and minimal food during training.

I also understand that private meetings with the teacher may, in some instances, be monitored or recorded; such recordings are for the protection of both parties, and will not be kept indefinitely.

I understand that Choiezan Enkyoji Temple is located in an urban neighborhood with safety considerations and traffic hazards consistent with other large cities.

I understand that our training will take place in an outdoor trail and camp setting, with possible hazards including: rugged walking conditions, steep trails, noxious plants such as nettles, the possibility of contracting tick- or mosquito-borne illness, travel through areas in which bears and cougars are occasionally encountered, extreme weather conditions (including unseasonably hot weather, cold rain, potential exposure to snow), and is taking place in a seismically active region at risk of earthquakes and landslides.

REGARDING CONTAGIOUS DISEASE: Choeizan Enkyoji Temple cannot guarantee that its residents, volunteers, partners, guests, or others in attendance at events or activities will not become infected with COVID-19 or other contagious diseases. The health of all attendees, which may include elderly persons and others at risk, is our priority. The following guidelines will be enforced.

Four categories of concern are specified. Persons who fall under #1 below will not be permitted to join training. Persons who fall under categories #2-4 must consult with Choeizan Enkyoji Temple before arriving, to determine if entering the temple is permitted:

1. Individuals who have tested positive for COVID-19 or other contagious diseases within the two weeks prior to arrival.
2. Individuals who are experiencing any symptoms of illness such as fever, cough, and shortness of breath among others.
3. Individuals who have traveled at any point in the past fourteen (14) days to a place that is experiencing sustained community spread of contagious disease.
4. Individuals who believe that they may have been exposed to contagious disease, or have been diagnosed with such, and are not yet cleared as non-contagious.

Duty to self-monitor: Event attendees further agree to self-monitor for signs and symptoms of disease while in training, and to notify staff there immediately if they experience any symptoms of any illness. I hereby certify that I understand and agree to abide by these guidelines.

REGARDING INSTRUCTIONAL MATERIAL AND CONFIDENTIALITY: I understand that some instruction given in this training is proprietary and confidential rather than public, in order to ensure that it is only transmitted by fully qualified teachers, and to protect students from accessing it before they are prepared to safely use it. I agree not to instruct, transmit, reproduce, or share by any means, in whole or part, any of the instructional material, practices, documents, or training to which I am exposed to without first obtaining express permission from the training leaders. I understand that photography by participants during the training is not allowed unless specifically authorized by the training leaders.

REGARDING COMMUNITY POLICIES: I understand that Choeizan Enkyoji Temple has established community policies including a Harassment Policy (including grievance procedure), a policy governing Teacher-Student Relationships, and a policy defining Ordained and Teacher status, and that these are available for me to read in the Choeizan Enkyoji Temple. In accordance with these understandings, and in consideration for participation in this activity or event at Choeizan Enkyoji Temple and other valuable consideration, I hereby release, waive, discharge and covenant not to sue Choeizan Enkyoji Temple, its Boards of Directors, the Shareholders, officers, servants, agents, employees or any landowner of any premises where the event or activity takes place (hereinafter referred to as RELEASEES) from any and all liability, claims, demands, actions and causes whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, whether caused by the negligence of the releasees or otherwise while participating in such event or activity, or while in, on or upon the premises where the event or activity is being conducted or in transportation to and from said premises. In signing this release, I acknowledge and represent that I have read the foregoing Waiver of Liability and Hold Harmless Agreement and Other Terms, understand it, and sign it voluntarily as my own free act and deed; no oral representations, statements or inducements apart from the foregoing written agreement, have been made; I am at least 18 years of age and fully competent (or am the legal guardian of the applicant if applicant is under 18 years of age); and I execute this release for full, adequate and complete consideration fully intending to be bound by the same. I understand that Choeizan Enkyoji Temple may deny participation to applicants for any reason, stated or unstated, and may also terminate the participation of any person at any point without stated reason and in its sole discretion and without refund. I attest that the information I have provided above is true and I accept all terms stated herein.

Signature of Applicant (or guardian):

Date (mm/dd/yy):