

Zengården Member Fees 2026

(scroll down for non-member information)

4-day sesshin	1800kr
7-day sesshin	3100 (1700 for half)
retreat hut stays	450 per day (3100 for 7-day retreat)
Weekend retreat	900kr
Beginners' retreat (3 days)	1900kr
New Year's retreat	1600kr
Stay during ordinary schedule	200kr per day
Stay during Ango period	250kr per day
Cap on fees for stays of up to 120 days (including sesshins)	5.000kr per 30-day period
Cap on fees after first 120 days of a stay (including sesshins)	2.000kr per 30-day period
Cap on fees for frequent visitors	22.000kr per calendar year
Cap on annual fees for long stays*	22.000kr*

Other costs

Return trip Zengården to Arboga	200kr
Return trip Zengården to Fellingsbro	100kr
Short introduction	300kr

*This includes membership fees. It is set at a figure which is sufficient to cover one person's contribution to the annual grocery bill.

Zenbuddhistiska Samfundet account details

plusgirokonto 45 97 38-1

Swish: 1234 779 856

från utlandet: BIC: NDEASESS, IBAN: SE 7495 0000 9960 2604 5973 81

Membership

You can apply for membership of the affiliate nearest you. A list of our affiliates is on zentraining.org. Membership of any affiliate includes membership of ZBS. If you live far from any of our affiliates, you can apply for distance membership of ZBS by emailing zen@zazen.se.

New members must either pay the non-member price for your first retreat, or have paid at least 1.800kr in membership fees.

Non-members

Non-members are welcome to apply for our beginners' retreats. Apart from those, we do not usually allow non-members to stay at Zengården, or to participate in our sesshins and retreats.

Exceptions are made on a case-by-case basis for experienced practitioners visiting from other Sanghas and for people who live a long way from one of our city centers who sincerely wish to try out Zen practice.

Please contact us for more details: zen@zazen.se.

Non-member prices

4-day sesshin	2.700kr (1.400 for half)
7-day sesshin and summer retreat	4.600kr (2.500kr for half)

Weekend retreat	1.400kr
Beginners' retreat (3 days)	3.200kr
Stay during ordinary schedule	350kr per day
Stay during Ango period	450kr per day
Return trip Zengården to Arboga	200kr
Return trip Zengården to Fellingsbro	100kr
Short introduction, including one month's trial membership	700kr