

Soaking Baths at Chapin Mill

We have two baths for sesshin participants, one for men and one for women. Depending on how many people ask to be scheduled for a bath, we may be able to accommodate you if you'd like to be considered.

Here's a brief description of how the baths work:

The soaking baths are scheduled with two people for each 20 minute time slot. The first person in showers and rinses off thoroughly before getting into the bath, and the second person follows right behind so both people are in the tub at once. If you'd like to use the cold plunge after soaking in the hot tub, you can do so. If there are people scheduled after you, make sure they can get started on time. It's OK if you're still finishing up in the changing room, but the bath and shower should be free. For people who've never used the baths before, instructions are given before sesshin starts.