

Beginner's Day Retreat

Saturday, January 17, 2015

8:30am–5pm



This retreat is geared for beginners and provides an introduction to the practices at Dharma Rain Zen Center. The day will consist of a gentle introduction to silent meditation, formal oryoki-style meals, and communal work practice. There will be opportunities for questions and answers as well as encouragement to investigate one's own experience as the day unfolds.

We will begin the day at the Siskiyou House, 3105 NE 84th Ave.

Cost: \$30. Register online before Wednesday, January 21.

Schedule

8:30–10am	Intro to Zen Meditation Zazen
10–10:30am	Service
10:30–12pm	Work Practice
12–1pm	Oryoki lunch / break
1–1:30pm	Zazen
1:30pm	Starting a Buddhist Practice Q&A
3:30pm	tea
After tea	<i>Fukanzazengi</i> and Zazen
5pm	Retreat ends



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