

Beginner's Day Retreat

Saturday, June 27, 2015

8:30am–5pm



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

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 Uji, the portable double-wide on the property at NE 85th and Siskiyou.

Cost: \$30. Register online before Wednesday, June 24.



Dharma Rain
Zen Center

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