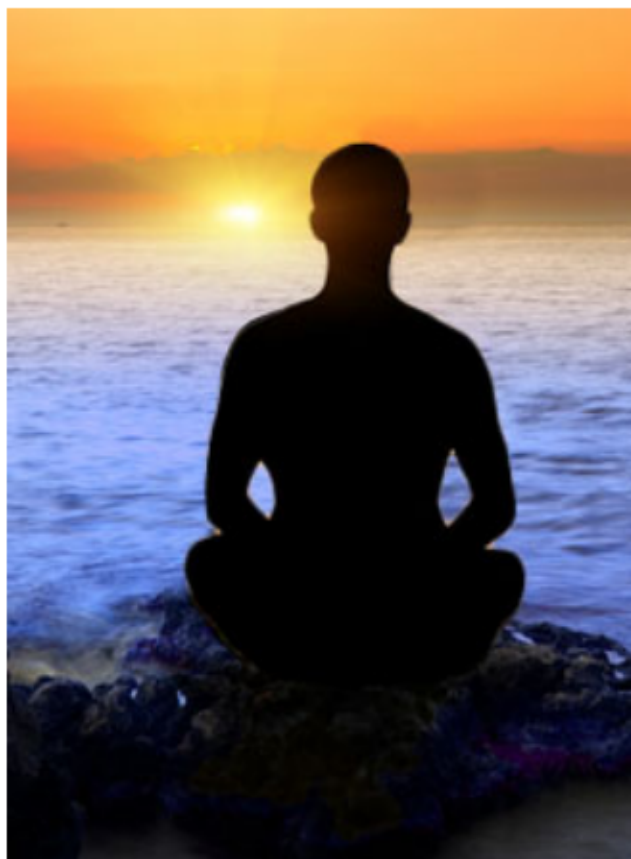


Beginners Day Retreat

Saturday, September 12, 2015

8:30am- 5:00pm



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 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.

Schedule

8:30-10am Introduction to Zen Meditation
10-10:30am Morning Service
10:30-12pm Work Practice
12-1pm Oryoki lunch and break
1-1:30pm Zazen
1:30-3:30pm Starting a Buddhist Practice Q&A
3:30pm Tea
After tea Fukanzazengi and Zazen
5pm Retreat Ends

Cost: \$30. Register online before Wednesday, September 9th.



Dharma Rain
Zen Center

dharma-rain.org

