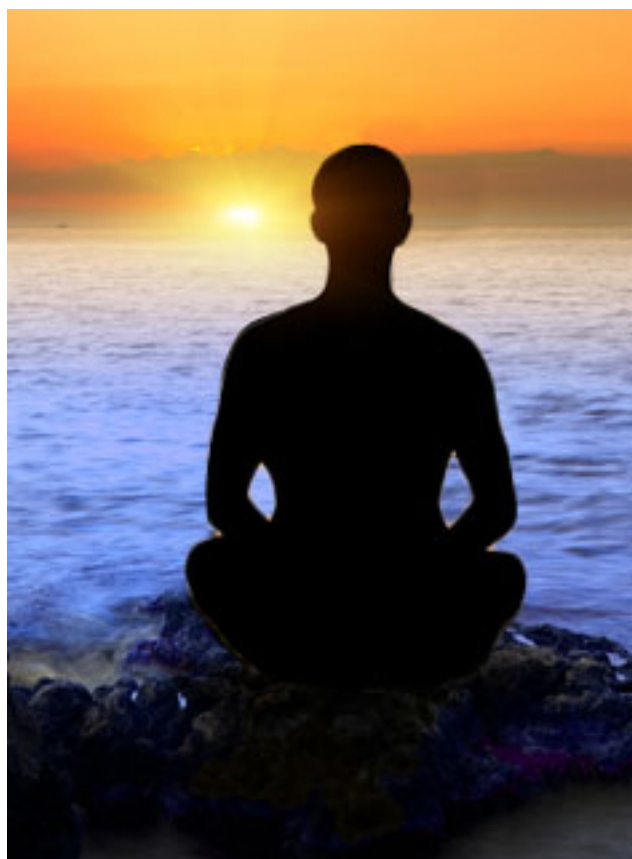


# Beginners Day Retreat

An Introduction to Buddhist Practice at Dharma Rain Zen Center.

Saturday, January 16, 2016

8:30am- 5:00pm



## *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

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 in the Sodo which is our meditation hall, and the first permanent building on our temple grounds at Dharma Rain. The Sodo is located at the end our driveway at the intersecgion of NE Siskiyou and 85th.

Cost: \$30. Register online before Wednesday, January 13th.



*Dharma Rain*  
*Zen Center*

[dharma-rain.org](http://dharma-rain.org)

