



Central Valley Zen Foundation

Spring Zen Meditation Retreat

May 6, 2010—May 9, 2010

Empty Nest Zen Group will co-host a joint weekend retreat in North Fork, CA from May 6-9, 2010 with Vimala Sangha. Empty Nest Zendo is located in the Yosemite Foothills about 40 minutes north of Fresno. The workshop will be led by Abbess Grace Schireson, dharma heir in the Suzuki Roshi lineage and author of *Zen Women* and by Lew Richmond, dharma heir in the Suzuki Roshi lineage, author, concert pianist and composer, and leader of the Vimala Sangha based in Marin County, CA. This retreat will be open to members of both sanghas, and is an opportunity to practice in a beautiful country setting



The retreat begins Thursday afternoon, 5/6 and ends mid-day Sunday, 5/9. The cost, including lodging, meals, and retreat fee, will be \$275 (also add something for second teacher donation). The daily schedule includes 9 periods of sitting but there will be ample breaks. Sitting periods will be 25-30 minutes long, chairs are available, there will be a work period and a yoga/ exercise break Saturday afternoon (there is also a swimming pool and hot tub). Meals (except for buffet dinners) will be “oryoki” style (eaten in the meditation hall). Grace calls oryoki “the most fun you can have with three bowls.” The first oryoki meal will include instruction, so no prior experience necessary.

Space is limited. Vimala Sangha members are asked to please see Ed Sattizahn or Lew Richmond about attendance. All attendees should register with Adam Tebbe by email: adamtebbe2009@gmail.com. A \$25 non-refundable deposit is required to register. Payments for the deposit and the retreat can be made through paypal at www.emptynestzendo.org.

