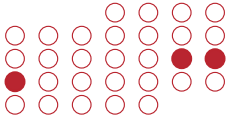




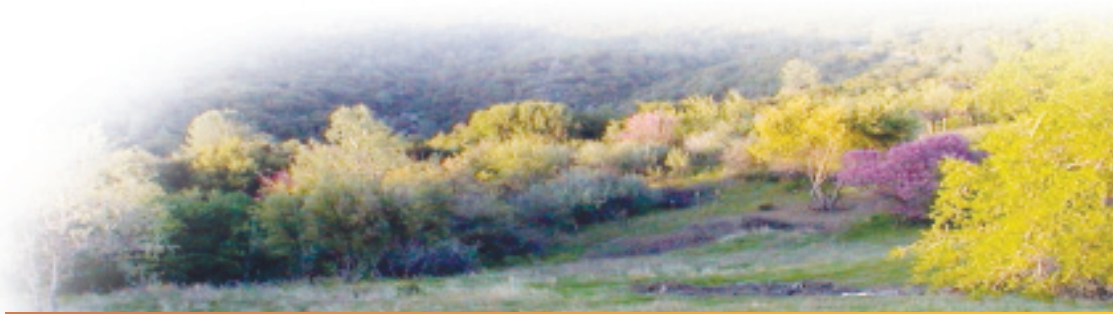
Empty Nest Zendo

is located in the Sierra Foothills, between Fresno and Yosemite. It is about 45 minutes from Fresno, 4.5 hrs drive from L.A. and about 4 hrs drive from the S.F. Bay Area.

SEPTEMBER



This retreat will be led by Abbess Myoan Grace Schireson. Grace is a Dharma Heir in the Suzuki Roshi lineage who has practiced Zen meditation for more than 35 years. She has trained in Soto Zen in America with Sojun Mel Weitsman Roshi of Berkeley Zen Center and in Rinzaï Zen in Japan with Keido Fukushima Roshi of Tofuku-ji Monastery in Kyoto. She has taught Zen classes through-out the United States and in Japan. She is also trained as a clinical psychologist and is dedicated to teaching Asian methods of quieting the mind using techniques suitable for Westerners.



FALL ZEN RETREAT

SEPTEMBER 17-19

Empty Nest Zen Group will host a weekend retreat in North Fork, CA from September 17-19. Empty Nest Zendo, led by Grace Schireson, author and researcher of Zen's female lineage, is located in the Yosemite Foothills about 40 minutes north of Fresno. This retreat is an opportunity to practice in a beautiful country setting.

The retreat begins Friday afternoon, 9/17, and ends mid-day Sunday, 9/19. The cost, including lodging, meals, and retreat fee, will be \$210. Cost for partial attendance will be \$75 per day.

Schedule includes 9 periods of sitting but there will be ample breaks.

Sitting periods will be 25-30 minutes long, and chairs are available. There will be a work period and a yoga/ exercise break Saturday after-noon (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 3 bowls." The first oryoki meal will include instruction so no prior experience is necessary.

Space is limited. All attendees may register with Adam Tebbe by email at registrar@emptynestzendo.org. A \$50 non-refundable deposit is required to register. Payments for the deposit and the retreat can be made through paypal at www.emptynestzendo.org.

