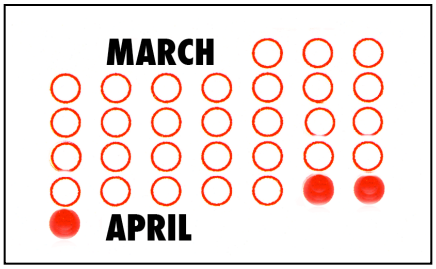
Central Valley Zen Foundation

SPRING ZEN RETREAT

March 30 - April 1, 2012

Empty Nest Zendo is located in the Yosemite Foothills about 40 minutes north of Fresno, and offers the opportunity to practice in a beautiful country setting.



The retreat will be led by **Abbess Grace Schireson**, dharma heir in the Suzuki Roshi lineage and author of **Zen Women: Beyond Tea Ladies, Iron Maidens, and Macho Masters.**

The retreat begins Friday afternoon, March 30, and ends at 11;00 a.m. Sunday, April1. There will be a priest ordination ceremony following the retreat on Sunday, at 1:30 p.m. Schedule includes 9 periods of sitting, with ample breaks. Sitting periods will be 25-30 minutes long, and chairs are available. There will be a work period and yoga/exercise break saturday afternoon.

The cost, including lodging, meals, and retreat fee, will be $275. Scholarships/sliding scale are available by request. Meals (except for buffet dinners) will be "oryoki" style. Grace calls oryoki "the most fun you can have with three bowls." The first oryoki meal will include instruction, so no prior experience is necessary and bowls are provided.

Space is limited. Please register with Tom Hawkins by email at tomehawk@ix.netcom.com.

A $50 deposit is required to register. Payments for the deposit and the sesshin can be made through PayPal at www.emptynestzendo.org.