

SIXTH ANNUAL

# Zen Women's Retreat

## July 7-10, 2011

EMPTY NEST ZENDO • NORTH FORK, CA

In the Sierra Nevada foothills between Fresno and Yosemite National Park



**Angie Boissevain**  
Floating Zendo

Angie is an accomplished and published poet. As a traveling Zen teacher she leads Floating Zendo based in San Jose which is comprised of her students dispersed throughout the world. she leads sesshins at Jikoji (in Los Gatos where she practiced and taught for 30 years), Arcata, Willits, and Hokoji (near Taos, NM). Angie received dharma transmission in 2004 from Vanja Palmers, a dharma heir of Kobun Chino.



**Vicki Austin**  
San Francisco Zen Center

Victoria has been teaching the noble postures of meditation for almost 30 years. As a Soto Zen priest, she teaches at San Francisco Zen Center and offers workshops on The Art of Sitting and Yoga. As a certified Iyengar yoga teacher, she offers public asana and pranayama classes, writes, and serves on the faculty of the Iyengar Yoga Institute of San Francisco Teacher Training Program. Victoria received Dharma transmission in 1999 from Mel Weitsman, Abbot of Berkeley Zen Center.



**Grace Schireson**  
Empty Nest Zendo

Grace is author of Zen Women: Beyond Tea Ladies, Iron Maidens, and Macho Masters which makes heard centuries of voices of Zen's women. She is Abbess and head teacher of Empty Nest, Valley heartland, and Fresno River Zen Groups. Grace is a Suzuki-Roshi lineage dharma heir and received dharma transmission in 2005 from Mel Weitsman, Abbot of Berkeley Zen Center.

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**Myokaku Jane Schneider (artist/co-founder of Beginner's Mind Zen Center) will offer calligraphy instruction.**

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JOIN US for meditation, training in Zen forms, and the teachings of female Zen ancestors and their relevance for women's practice. We will offer body-friendly meditation practices to develop concentration and facilitate healing, discussion of issues facing women in Buddhist practice, and creative writing exercises to bring forth women's distinctive spiritual qualities. This year's retreat will focus on specific instruction for women in Zen Practice: How can women inspire each other? How do we learn to express our wisdom? What is women's way to deeper embodiment (body integration) of Zen?

### **Retreat and accommodations fees**

All four days retreat/3 night accommodation:

\$395 (or \$315 w/tent space)

Partial Retreat Fee: \$110/per day

Tent space accommodation: \$80/per night

Comfortable accommodations, showers, hot tub, swimming, hiking, vegetarian snacks and meals.

### **Registration and contact information**

To register or for more information please email [baika2@gmail.com](mailto:baika2@gmail.com) or call at 510.407.7910.