



Central Valley Zen Foundation

SPRING SUSHO SESSHIN

June 10, 2011 - June 12, 2011

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*.

She is Abbess and head teacher of Empty Nest, Valley heartland, and Fresno River Zen Groups. Grace received dharma transmission in 2005 from Mel Weitsman, Abbot of Berkeley Zen Center.



The sesshin begins Friday afternoon, June 10th at 2:30 p.m. and ends at noon on Sunday, June 12th.

The sesshin includes the Dharma Inquiry Ceremony which is the culmination of the susho's teaching for this practice period. The ceremony occurs at 2:30 p.m. on Sunday, June 12th.

The cost, including lodging, meals, and retreat fee, will be \$275. 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 is necessary.

Space is limited. Please register by email at registrar@emptynestzendo.org.

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

