



Central Valley Zen Foundation

# FALL ZEN RETREAT

September 23 -25, 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 Roshu lineage and author of *Zen Women: Beyond Tea Ladies, Iron Maidens, and Macho Masters*.



The retreat begins Friday afternoon, September 23 and ends mid-day Sunday, September 25.

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. There is also a swimming pool and a hot tub. 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 with Tom Hawkins by email at [tomehawk@ix.netcom.com](mailto: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](http://www.emptynestzendo.org).

