



Central Valley Zen Foundation

FALL ZEN RETREAT

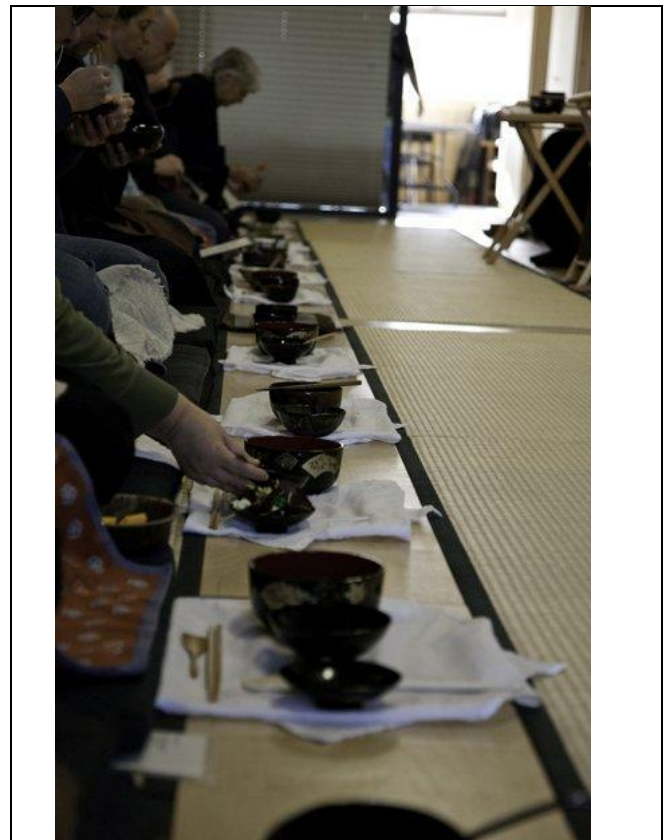
October 25 -27, 2013

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 begins Friday afternoon, October 25 and ends mid-day Sunday, October 27. 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 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*.



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.

The cost, including lodging, meals, and retreat fee, will be \$275. A \$50 deposit is required to register. Payments for the deposit and the sesshin can be made through PayPal at www.emptynestzendo.org.

Space is limited. Please register with Laurie Senauke by email at lauries@kushiki.org.