



Central Valley Zen Foundation

Empty Nest Zendo

2014 Spring Zen Retreat

May 16 - 18, 2014

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, May 16 at 2 pm and ends mid-day Sunday, May 18. Sitting periods will be 25-30 minutes long with ample breaks, and chairs are available.

The cost, including lodging, meals, and retreat fee, will be \$275. (scholarships are available)

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 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*.



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

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