



Central Valley Zen Foundation

Empty Nest Zendo

2015 New Year's Zen Retreat

December 28, 2014 to January 1, 2015

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*.



The retreat begins Sunday afternoon, December 28 and ends mid-day Thursday, January 1. Sitting periods will be 25-30 minutes long, and chairs are available. A New Year's ceremony, bonfire, and New Year's day buffet are a special part of this retreat experience.

The cost, including lodging, meals, and retreat fee, will be \$350. (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.

Space is limited. Please register with Laurie Senauke by email at [lauries AT kushiki.org](mailto:lauries@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.