

BIRTH OF THE BUDDHA SESSHIN

April 4 - 7, 2018



Sesshin, literally “to touch the Mind,” is a period of time set aside for an intensive meditation retreat to let go of the conditioned self and resume our original nature. This special time of practice will allow us to dive into the core of Zen training in the spirit of Shakyamuni’s Birth. A silent meditation intensive for beginners, as well as experienced practitioners, to still the mind from moment to moment, manifesting the realization of the Way.

A rigorous schedule that begins at 5:00 a.m. includes 10 periods of meditation, chanting, mindful work, and a Dharma Talk. Days end at 9pm. Following the retreat, on Sunday, April 9, we will all celebrate Buddha’s Birth by showering the baby Buddha with

sweet rain. Everyone is invited! Retreat begins Wednesday, April 4, 6 p.m., and ends Saturday, April 7, 3:30 p.m.

Special arrangements can be made for those who can only attend part of the sesshin.

Non-members \$65/day General \$55/day Practicing \$45/day