

ONE-DAY RETREAT

(ZAZENKAI)

**August 19, 2017
10:00 am — 5:00 pm**



Soji Zen Center's monthly one-day retreat (zazenkai) is a great way to experience a short, intensive meditation retreat. The day consists of Zazen (meditation), Samu (work practice) and Dokusan (interview). You are welcome to come for the entire day or any portion of it. Please bring your own lunch. Registration is not required. Suggested Donation: \$10.