

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 (seated meditation), kinhin (walking meditation), oryoki* (meal), dokusan (interview) and samu (work practice) .Registration **IS** required so we will have the correct amount of food. When registering, please confirm if you will need bowls.

Email: johnwgruber@gmail.com or call: Ango at 610-952-0040.

Suggested Donation: \$20.

*This describes the oryoki, a Zen student's eating bowls. The use of oryoki during sesshin or retreats provides an opportunity for us to deepen our practice. Paying careful attention to the way in which we take our meals, our true relationship between ourselves and our food is made clear. Emphasizing each simple activity, we continually learn our way.

REGISTER HERE

NAME: _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ MOBILE PHONE: _____

EMAIL ADDRESS: _____

SIGNATURE: _____ DATE: _____

\$____ (\$20) Soji Members \$____ (\$25) Non-Members \$____ (\$30) On-site

____ Yes (I Have Bowls) ____ No (I Need Bowls)

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www.sojizencenter.com