

# ***ONE-DAY MEDITATION RETREAT*** ***(ZAZENKAI)***



**February 16, 2019**  
**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 (seated meditation), kinhin (walking meditation) and oryoki\* (meal). Registration **IS** required so we will have the correct amount of food and bowls. When registering, please confirm if you need bowls and if you plan to arrive early for instruction. Suggested Donation: \$20.

Email: [ALCastaldo66@gmail.com](mailto:ALCastaldo66@gmail.com) or call Rakugo at 610-803-1239.

\*For anyone who has not had participated in Oryoki and/or needs a refresher, please arrive at 9:30 am to receive instruction. The use of oryoki during sesshin/retreats/zazenkais 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.