

***ONE-DAY RETREAT***  
***March 16, 2019***  
***10 am — 5 pm***



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