

ONE-DAY MEDITATION RETREAT (ZAZENKAI) WITH ORYOKI* May 18, 2019 (10 am** — 5 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), oryoki* (meal) and dokusan (interview). 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: Member: \$20 Non-Member: \$25

*The initial “o” in oryoki means “in proportion to”, “ryo” means “amount” or “quality,” and “ki” means “container”—the bowl that contains the appropriate amount or “just enough”.

This describes the oryoki, a Zen student's eating bowls. The use of oryoki during sesshin/retreat/zazenkai 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.

** Instruction will be provided at 9:30 am for those who are new to oryoki and/or need a refresher session.

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