

HALF-DAY PRACTICE RETREAT

With Rev. Keiryu Liên Shutt
Open to all

This half-day retreat is an opportunity to deepen your practice. The day will be filled with alternating sits and walking meditations and one Dharma talk. You will be asked to practice with noble silence during this time to co-create a container for deep contemplation. A brief period of simple chanting and Q&A will end the day.

Both Vipassana and Soto Zen meditation instructions and teachings will be shared.



Rev. Keiryu Liên Shutt, LCSW was ordained in 2005 with Zenkei Blanche Hartman. After extensive monastic practices in the U.S. and overseas, she endeavors to share ways in which the deep settledness of traditional practices can be brought into everyday life. To access talks and other retreat information, please go to www.sfzc.org or contact her at joyinzen@att.net.



East Bay Meditation Center
2147 Broadway in Oakland

Saturday, September 29, 2012
1:30 PM – 5:30 PM

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of “Dana”) for the expenses of the meditation center and the support of the teachers.

In order to protect the health of community members with environmental illness, please do not wear fragranced products (including “natural” fragrances) or clothes laundered in fragranced products to EBMC.

Space is limited & registration is required. Register at www.eastbaymeditation.org or email admin@eastbaymeditation.org for registration information.

