

May 21-26, 2010



Zen Meditation Retreat with Tenshin Reb Anderson Roshi

Enlightenment: The Art of Being Oneself

Reb Anderson is a lineage-holder in the Soto Zen tradition. He studied with and was ordained by Shunryu Suzuki Roshi. In 1983, he received dharma transmission and then served as abbot of San Francisco Zen Center. He now serves as Senior Dharma Teacher and lives with friends and family at Green Gulch in California. Please visit www.rebanderson.org for more information.

Enlightenment is the art of helping others by giving oneself to oneself. It is the art of realizing the truth by caring for and deeply understanding delusion. Enlightenment is the path of learning to authentically be and express ourselves fully. This is a path of compassion for all beings.

This retreat offers a unique opportunity to deepen our practice in a supportive atmosphere and to contribute to others doing so, as well. The retreat will be conducted in silence.

There will be periods of quiet sitting and walking meditation, interactive teaching and group discussion, together with time for rest and relaxation.

Three vegetarian meals will be shared each day together in silence. Participants will help to prepare one or two meals during the retreat with directions from the head cook.

The nature of retreat is to introduce more intensive practice. Therefore, all attending are requested to participate fully in the daily cycle of activities.



Retreat Location:
Kearns Spirituality Center
9000 Babcock Boulevard
Allison Park, PA 15101

Registration Information

To proceed with this retreat, we must have 35 registered participants by April 21.

The retreat fee includes five overnights, linens and towels, and three vegetarian meals served daily.

Single occupancy	\$395
Double occupancy	\$370 each
Commuter	\$220

Please make check out to:
Green Mountains Walking

Mail check and this form to:
Green Mountains Walking
c/o Mark Kasunic
748 Cochran St. | Sewickley, PA 15143

_____ name

_____ address

_____ city, state, zip

_____ phone

_____ email

Please detail dietary restrictions on the back of form.
Confirmation and retreat details will be sent when we receive your registration.

For meditation:

Please bring your zafu, zabuton, bench, etc. Chairs will be provided.

Refund policy:

If fewer than 35 participants, the retreat will be cancelled with full refund issued. With 35+ participants, if you withdraw after April 21, a partial refund may be available based on the actual number of participants and our need to meet financial obligations.

Questions:

If you have any questions, please contact
Mark Kasunic
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