

Golden Wind Retreat

October 24-28, 2018 with Jack Duffy Roshi
Sponsored by Zen Center of Spokane

Jack Duffy, a dharma heir of Robert Aitken Roshi, is the guiding teacher of Zen Center of Spokane. This retreat in the Zen Buddhist tradition will include zazen (sitting meditation), kinhin (walking meditation), dokusan (private interviews) and teishos (talks by the teacher.) Beginning students are welcome. The retreat will be held at Kairos House of Prayer, about 30 minutes north of downtown Spokane.

Wed. night start for those who want a longer retreat. Jack will not arrive until Thurs.

Full Retreat, Wed. Start, \$255 Full Retreat, Thurs. Start, \$210
*6:00 pm Wed. or Thurs., through 2:00 pm Sunday; includes meals & lodging,
Thursday evening begins with a formal, silent supper at 6:00 pm.*

Weekend Option, \$140
6:00 pm Friday through 2:00 pm Sunday; includes Friday supper, meals & lodging.

Saturday Only, \$65
Saturday 9:00 am to 6:00 pm; includes lunch.

*Partial scholarship assistance is available for participants with financial need.
For more information call (509) 842-6427 or e-mail: sandyhaskin@yahoo.com
Visit us at <http://www.zencenterspokane.org/> or www.three-treasures-sangha.org.*

*Checks may be made out to: Zen Center of Spokane
Registrations must be received by mail no later than October 10. Mail to:
Sandy Haskin, P.O. Box 9709, Spokane WA 99209*

Registration Form

Name _____ Phone # _____
Address _____ e-mail _____
Amount enclosed _____
____ Full Retreat(Wed). ____ Full Retreat (Thurs). ____ Weekend. ____ Saturday Only.

*A minimum deposit of half the fee is required, refundable thru Oct 10.
Fees for registrations received after Oct 10 are 10% more than those noted above.
Please consider making an additional donation to support scholarship students.*

Scholarship amount enclosed, if any: _____ (thank you!)

____ I will bring my own sitting cushion or bench and mat. (Please bring your own if possible.)

____ I will need a sitting cushion and mat (zafu and zabuton.)

____ I prefer to sit in a chair.

I will arrive by (time) _____, (day) _____.

Note any dietary restrictions or other special needs: _____

If you have not attended a retreat with Zen Center of Spokane before, please briefly describe any previous meditation experience: