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2007 SPRING URBAN SESSHIN

DATES: Friday, May 2nd to Sunday, May 4th

LOCATION: Uto-an (359 E. 24th Avenue, Anchorage)

This short, non-residential retreat will include periods of zazen (sitting meditation), kinhin (walking meditation), teisho (daily talks), and dokusan (individual interviews with the teacher), as well as traditional ceremonies, community meals, and periods of outside and inside work.

Partial participation in the sesshin may be possible; please inquire.

Suggested offering is \$50.

This amount is set to cover direct costs; AZC welcomes all participants regardless of ability to pay the full amount.

For further information write to zen@alaska-zen.org or call (907) 278-0878.

To register, send your deposit along with the registration form on the following page (or e-mail the equivalent information—in that case, deposits can be mailed or left at Uto-an during the week).

PLEASE SUBMIT REGISTRATION AND DONATION BY FRIDAY, APRIL 25th.

www.alaska-zen.org

The facility: Uto-an is a non-residential practice center; we cannot accommodate overnight participants.

Out-of-town participants: Please inquire to zen@alaska-zen.org about the possibility of a homestay arrangement with an AZC member.

What to bring: Participants should bring clothing appropriate to sitting as well as clothing suited to working outdoors. Please bring garden gloves and gardening equipment (rakes, etc.) if possible.

The schedule: Sesshin begins Friday at 6:30pm Friday with zazen. The Saturday and Sunday schedule begins at 6am. Zazen will conclude Saturday night at 8pm; the sesshin will end on Sunday at 5:30pm after the evening ceremony. We will depart after clean-up and an informal meal. All participants should expect to share in meal preparation, serving and clean-up.

Registration: Please fill out the registration below and mail it with the full amount of \$50 to the address below. You will receive a confirmation letter (e-mail) with additional information.

**Anchorage Zen Community
P.O. Box 92616
Anchorage, AK 99509**

REGISTRATION FOR SPRING URBAN SESSHIN MAY 2 to MAY 4, 2008

Please have registration and deposit in **by April 25, 2007**.

Full amount is due prior to the start of sesshin.

Name _____ Telephone: _____

Address _____ E-Mail: _____

City _____ State/Zip Code _____

Do you have any health limitations we should know about? _____ Yes _____ No

Do you have any special dietary needs? _____ Yes _____ No
(Meals will be vegetarian.)

Comments/Concerns

_____ I am willing to contribute a dish.
(number of servings needed will be known after registration is complete)