

PRACTICE PERIOD

September 15 through October 13

Saturday, 9/15 Workshop 1:30-3:00

Knowing Oneself

Sunday, 9/16 Beach Sitting 9:30-12:00

Saturday, 9/22 Workshop 1:30-3:00

Meditative Movement – Living in the Body

Sunday, 9/23 Sitting with Daisan 10:00-12:00

Saturday, 9/29 Workshop 1:30-3:00

Distractions, Appetites and Purpose

Sunday, 9/30 Sitting with Daisan 10:00-12:00

Potluck 12:00-1:00

Work Practice 1:00-2:30

October 5 – 8 Sesshin

Saturday, 10/13 Closing Ceremony 11:00-12:00