

PRACTICE PERIOD 2016

SEPTEMBER 17 THROUGH OCTOBER 15

Saturday, 9/17 **WORKSHOP** 1:30-3pm
Softening Into Adversity
Deep Relaxation and "Saying Hello"

Sunday, 9/18 **BEACH SITTING** 10am-12pm

Saturday, 9/24 **WORKSHOP** 1:30-3pm
The Ego-Self: Our Primary Addiction

Sunday, 9/25 **SITTING** with Daisan 10am-12pm

Saturday, 10/1 **WORKSHOP** 1:30-3pm
Giving and Receiving in Practice

Sunday, 10/2 **SITTING** with Daisan 10am-12pm
POTLUCK 12-1pm
WORK PRACTICE 1:00-2:30pm

October 7-10 **SESSHIN**

Saturday, 10/15 **CLOSING CEREMONY** 11am-12pm

