

The Redemptorist Renewal Center is pleased to offer the Feb. 8-10 Zen Sesshin led by Upasaka Culadasa. The retreat starts on Friday with check in between 3-5 pm and ends with lunch at noon on Sunday. The fee for the retreat is \$225.00 for a private room and \$190.00 per person for a shared occupancy room. The commuter rate is \$115.00. All rates include room, meals and the retreat itself.

At the bottom of this email is a registration form that you can print out and send in or send via email. Or you may contact Carmen Patterson at office@desertrenewal.org or [520.744.3400 x 111](tel:520.744.3400) (toll free: [866.737.5751](tel:866.737.5751)) to register or if you have any questions/concerns.

Please read the information below. Everyone is expected to participate fully in the schedule unless prior arrangements have been made.

Blessings,
Carmen

What is Sesshin?

Sesshin means "to touch the mind," and is a traditional silent retreat in the Zen Buddhist tradition. Sesshin is an opportunity to deepen one's practice, strengthened by the presence of others doing the same.

We practice alone and together; seek harmony between body and mind, and between the individual and the group. We emphasize doing things together as one way to help each other realize this harmony.

Each day of sesshin includes zazen (seated focused awareness), kinhin (walking meditation), silent meals, sutras, dokusan (private interviews with the teacher), teisho (talk given by the Roshi or teacher, and samu (work practice).

Guidelines

There are four blocks of meditation: early morning, mid-morning, afternoon, and evening. Each block is broken up into several periods of 25 minutes of sitting followed by a minimum of five minutes of kinhin. There is at least one longer walk together outside. Each participant has a daily work assignment as a way to bring our meditation practice up off of our cushions and into every-day life. Please bring appropriate clothing for kitchen/cleaning and light outside work.

It is expected that everyone will participate fully in the daily cycle, unless prior arrangements have been made with the sesshin coordinator.

Sesshin begins with supper at 6:00 on the first evening, followed by cautions (orientation) at 7:30 pm. All participants must attend cautions and meet with the karmadana (work coordinator) before the beginning of sesshin. Participants are therefore encouraged to arrive no later than 4:30 p.m. on the first day.

*Schedule

For your reference, there is a second attachment to this email with the retreat schedule.

What to Bring

Bring solid dark (black, brown, navy blue) comfortable clothing or robes. Tank tops and shorts are not permitted in the zendo (place of the way), but you may wear them during free time. Refrain from wearing clothes with patterns and logos. The zendo is kept on the cool side. Bring a wrap or sweater which you may keep at your place in the zendo. No strong scents or elaborate jewelry please. Leave pagers, cell phones, or anything that beeps at home except an alarm clock would be helpful. You may also wish to bring a broad-rimmed hat, sunglasses and sunscreen for outside kinhin or samu.

Upasaka Culadasa

Upasaka Culadasa (Dr. John Yates) is an ordained dedicated lay-practitioner who has been practicing Buddhist meditation for almost 40 years and is the Director of Dharma Treasure Buddhist Sangha. Culadasa also received ordination in the International Order of Buddhist ministers in Rosemead, California in December of 2009. His intensive training in both Theravadin and Tibetan traditions brings students a rare opportunity for rapid progress and deep insight. As a PhD who taught neurosciences for several decades, he

also brings a scientific perspective to his teaching. He now leads a contemplative life and is devoted to helping students master meditation skills. Since 2000 he has offered meditation instruction and retreats in his home at Cochise Stronghold Retreat Center in Arizona. Since 2007 he has taught weekly meditation classes at Tucson Community Meditation Center. Several times he has been an invited guest lecturer in Buddhist studies at the University of the West in Rosemead, California. He regularly conducts several residential meditation retreats of 3 to 10 days each every year in Arizona, Massachusetts, and Southern California.

Redemptorist Renewal Center

The Redemptorist Renewal Center is sponsored by the Redemptorists of the Denver Province. This center is dedicated to contemplative religious and spiritual practice, under the guidance of the Redemptorist community who live here.

REGISTRATION FOR ZEN SESSHIN

Name: _____

Address: _____

City: _____ St: _____ Zip: _____

Email: _____

Phone: _____

A \$35.00 non-refundable/non-transferable deposit is required for a confirmed reservation prior to the retreat.

The balance is due at check-in. Checks/ money orders are payable to:

Redemptorist Renewal Center

Mail to: Redemptorist Renewal Center,
7101 W. Picture Rocks Road,
Tucson, AZ 85743

Is this your first Sesshin? [yes] [no] Your first retreat with us? [yes]
[no]

Special needs (e.g., wheel-chair accessible accommodations, food allergies):

We try to accommodate special needs if they fall within the established framework of the retreat structure and the Renewal Center.