

ZEN@theFARM

A One-Day Zen Meditation Retreat (Zazenkai)
Hosted by the Boling Family and the Athens Zen Group
with
Rev. Taiun Michael Elliston, Abbot
Atlanta Soto Zen Center

Boling Family Farm - Sparta, Georgia
Saturday, June 19, 2010

Zazenkai	Literally “zazen meeting”; a meeting of followers of Zen to practice zazen together, to hear the presentation of the buddhadharma by a teacher, and to have dokusan.
Location	The Boling Family Farm, located on 30 acres a few miles outside of Sparta, Georgia, approximately 1½ hours south of Athens and 2 hours southeast of Atlanta. Car pooling may be available for Athens sangha members.
Directions	Directions will be sent upon receipt of your registration.
Fee	A suggested fee of \$50, a portion of which will go to the Boling Family and the remainder as dana for Michael Elliston, Sensei. In the case of hardship there are work scholarships available.
Registration	Simply indicate your commitment to attend by either sending an e-mail to tje185@att.net or phoning Hakushi Tom Edwards at 706-583-9582 BY SAT., JUNE 5.
Lunch	Lunch will be a potluck. All participants are encouraged to contribute a simple dish (e.g., salad, casserole, soup, sandwiches, dessert, beverage). Kitchen and refrigerator are available. You will be responsible for your own breakfast and dinner on Saturday.
Camping	If you want to arrive on Fri. evening there will be a camping site as well as limited sleep-over space in the main house. Such arrangements must be requested at the time of your registration.
Dokusan	A private meeting of a Zen student with a teacher providing the student an opportunity to present to the teacher all problems relating to his or her practice; an opportunity for individual instruction.
Misc	Weather permitting, we will spend some time in walking and/or sitting meditation outdoors. Wear dark, comfortable, loose-fitting clothes and bring walking shoes. Please prepare for the possibility of hot and/or rainy weather. There are ticks and poison oak on the property, please take precautions.

Schedule
(subject to minor change)

8:30 – 9:00	Arrival and set-up
9:00 – 9:40	Heart of Great Perfect Wisdom Sutra Dedication of Merit The Three Refuges Zazen
9:40 – 9:50	Kinhin
9:50 – 10:30	Zazen Dokusan with Rev. Taiun Michael Elliston Four Vows The Three Refuges
10:30 – 11:30	Dharma Talk – Rev. Taiun Michael Elliston
11:30 – 12:00	Break – Meal preparation
12:00 – 1:00	Lunch
1:00 – 1:40	Zazen
1:40 – 1:50	Kinhin
1:50 – 2:30	Zazen
2:30 – 3:00	Kinhin (outdoors - weather permitting)
3:00 – 3:20	Tea (Q & A opportunity)
3:20 – 4:00	Zazen
4:00 – 4:10	Kinhin
4:10 – 4:50	Zazen, Four Vows The Three Refuges
4:50 – 5:30	Closing Clean-up Depart