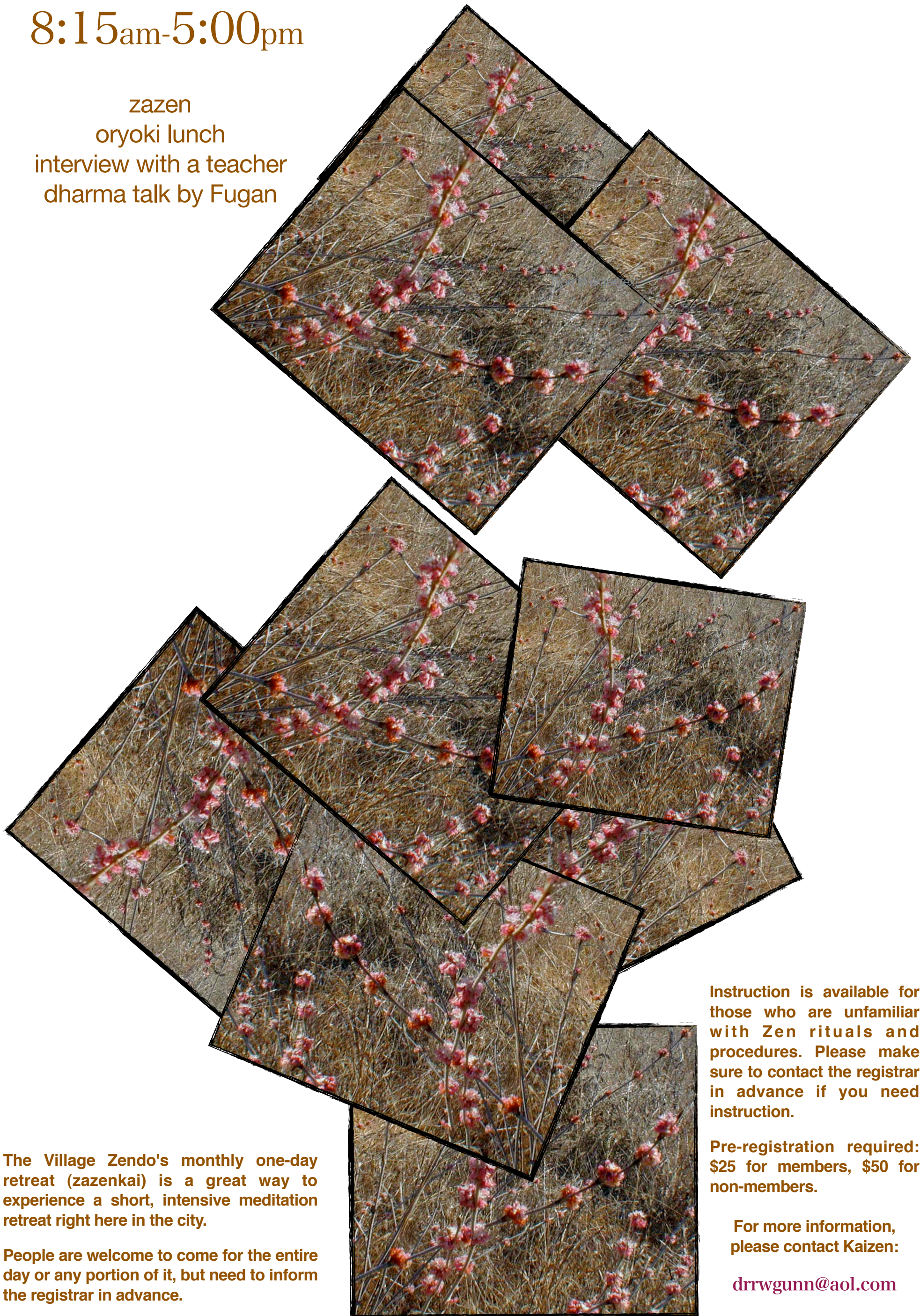


# zazenkai 10.18.10

8:15am-5:00pm

zazen  
oryoki lunch  
interview with a teacher  
dharma talk by Fugan



The Village Zendo's monthly one-day retreat (zazenkai) is a great way to experience a short, intensive meditation retreat right here in the city.

People are welcome to come for the entire day or any portion of it, but need to inform the registrar in advance.

Instruction is available for those who are unfamiliar with Zen rituals and procedures. Please make sure to contact the registrar in advance if you need instruction.

Pre-registration required: \$25 for members, \$50 for non-members.

For more information, please contact Kaizen:

[drwgunn@aol.com](mailto:drwgunn@aol.com)