

Dear Sangha,

We hope you'll be able to join us this December at the Garrison Institute as we come together for a time of meditation, reflection, and deep silence.

Many of the things we enjoyed last year will continue: the Garrison Institute's beautiful setting on the Hudson River, comfortable accommodations, delicious vegetarian meals, daily dharma talks, and teacher interviews. There have also been a few changes. Below is important information to be aware of:

Dates

- Full Retreat: Saturday December 26th to Friday, January 1st
- Half Retreat: Saturday December 26th to Tuesday, December 29th

Registration

All registration is handled directly by the Garrison Institute. There are two steps.

- 1) If you are a VZ member, email Lori at bookkeeper@villagezendo.org and ask for the discount code for the full retreat or half retreat. Members receive a \$50 discount.
- 2) Go to [the Garrison Institute's website to register](#) and make your payment. There is a line for you to enter your VZ discount code.

If you are receiving financial assistance from the Village Zendo to attend this retreat, please contact Lori, bookkeeper@villagezendo.org, to discuss the registration process.

If you are not a VZ member please go directly to [the Garrison Institute's website to register](#).

Accommodations

Garrison offers singles, doubles and a limited number of triple/quads. Please note that the triples/quads are located on the 4th floor

and there is no elevator. If you want to take advantage of the lowest rates (triples/quads), register early as these fill quickly.

Rates

- Full Retreat, Single Room: \$930
- Full Retreat, Double Room: \$840
- Full Retreat, Triple/Quad Room: \$750
- Half Retreat, Single Room: \$635
- Half Retreat, Double Room: \$590
- Half Retreat, Triple/Quad Room: \$545

Garrison House Jobs

Garrison offers a \$10 per day discount to those willing to perform a daily “house job” such as washing dishes after a meal or doing a housekeeping task. A limited number of house jobs are available; if you'd like to do one of these daily jobs and receive the discount off your room rate, register early. There is a line on the Garrison registration form to indicate that you want a house job. These jobs are only available for those doing the full retreat.

In order to receive the necessary training to do a house job, arrive at Garrison Institute at 3:00 pm on December 26th for registration. Training for house jobs by the Garrison Institute staff will take place between 3:30 and 4:30 pm.

Please note that house jobs are in addition to Village Zendo *samu* (work practice).

Opening Day

- Registration will be open from 3:00 to 5:30 pm on Saturday, December 26th.
- The Garrison Institute will provide free shuttle transportation between the Garrison Metro-North train station and the retreat for those arriving between 3:00 and 5:30 pm.
- There will be an orientation session before dinner for those new to a VZ retreat, or for anyone who would like a refresher on

meditation and Zen form.

- Dinner will be served at approximately 5:30 pm and the retreat will begin at 7:00 pm.

Retreat Closing

The half-retreat will conclude at 12:30 pm on Tuesday, December 29th. Everyone is welcome to stay for lunch and also to stay for afternoon meditation.

The full-retreat will conclude after breakfast and packing on January 1st, around 10:00 am.

Questions?

Please email me at retreatmanager@villagezendo.org.

In gassho,
Fugan Dineen
Garrison Retreat Manager