

# Zen Beginners' Retreat

## 13-17 July 2016

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*This summer*, people who are interested in experiencing the Zen way of life for a few days will have the opportunity to do so at Zengården. This retreat will be led by Zen teacher Kanja Odland Roshi, who has over 30 years experience of Zen. The retreat will be held in English as many participants come from outside Sweden.

During *the retreat*, you will have the opportunity to familiarize yourself with zazen (Zen meditation) and with a few of the Buddhist rituals that we practise in our tradition. Kanja Roshi will give lectures (called teisho in Japanese) and also offer individual instruction (called dokusan in Japanese).

As *Zen practice* is not limited to sitting meditation, the retreat includes walking meditation and also work as a form of Zen practice, as we perform tasks that are needed around the center, such as food preparation and gardening.

*Zengården* is located in the Swedish countryside, about 35km from Arboga, surrounded by forests, lakes and farmland. Course participants will have free time for walks and swimming.



**Dates:** The retreat starts in the evening on 13 July and finishes with lunch on 17 July. Closing date for applications is 6 July. But please note that the available spaces in the retreat are filled on a first-come, first-served basis, so be quick if you want to be sure of a place.

**Cost:** The fee for the retreat is 2400 SEK (1400 for members) and is due by 10 July. The fee includes food and accommodation.

**Transport:** You can come by car, or by train to Arboga, where we pick you up at a cost of 150SEK for the return trip. To register or for more information, phone +46 (0)581 630061 or email [zendoleader@zentraining.org](mailto:zendoleader@zentraining.org)