

SOLSTICE RETREAT



On a day when the sun will look down from just about overhead, and will linger just about as long as it ever will, it is good to step into the dappled light of meditation, to sit down and be still a while.

SPRINGSMOUNTAINSANGHA

Zen Buddhist Retreat:

Care and Feeding of Bodhisattvas

When:

■ Friday, June 18, 7 to 9 p.m.

Meditation and Dharma Talk (optional)

■ Saturday, June 19, 9 a.m. to 4 p.m.

Seated and walking meditation

Vegetarian meal shared in silence

Dharma Talk by Sarah Bender, Sensei

■ **Register by June 17**

719/358-6882 / remlapa@gmail.com

Where: Woman's Club, 20 Mesa Road

Cost: Suggested \$20 donation, but any offering is welcome

■ **Come join us!**

No experience necessary

www.smszen.org