

DESERT SUNRISE RETREAT

WITH TENNEY NATHANSON SENSEI

MARCH 6-11, 2018

REDEMPTORIST RENEWAL CENTER AT PICTURE ROCKS | TUCSON, ARIZONA

Registration due February 1, 2018



Tuesday, March 6, 2018

On-site registration 3:00 – 5:30 pm

Dinner 6:00 pm

Opening session 7:30 – 9:00 pm

Middle days

6:00 am – 9:00 pm

Sunday, March 11, 2018

6:00 am – 2:00 pm

PROGRAM

A meditation retreat is a time we deepen and refresh ourselves through intensive spiritual practice. This is a residential retreat which includes sitting, walking, and moving meditation; private meetings with the teacher; dharma talks and a koan seminar; work practice to sustain the retreat; and vegetarian meals. This retreat will also include a Refuge Ceremony for those who will be taking refuge in the Bodhisattva Way.

Though our retreat forms are grounded in traditions inherited from East Asia, we've evolved ways of practice that are more natural for many Americans. The day runs from 6:00 am to 9:00 pm, and almost all of it is silent. Some previous experience with meditation is very helpful. We try to make the retreat accessible to people with special physical needs.

LOCATION

The Redemptorist Renewal Center is located at 7101 W. Picture Rocks Road, just outside of Tucson, Arizona on the edge of Saguaro National Park. The top picture above is the view behind the altar in the Zendo. More information and directions are available at <http://www.desertrenewal.org/index.html>.

TEACHER

Tenney Nathanson is a teacher in the Open Source/Pacific Zen School tradition, authorized to teach by Joan Sutherland Roshi in 2012. He's the resident teacher for Tucson's Desert Rain Zen. His teaching centers on the power of koans to open the heart/mind and drop us into unanticipated psychic and spiritual depths, as well as on the ways this deep experience can make us more buoyant and generous in our daily lives. A poet and scholar of American poetry, Tenney teaches in the English Department at the University of Arizona.



Registration form attached

DESERT SUNRISE RETREAT

MARCH 6-11, 2018 | REGISTRATION DUE FEBRUARY 1, 2018

Name _____ Phone _____

Email _____

Physical address _____

Emergency Contact During Retreat

Name _____ Phone _____

Special Needs

___ Food or other allergies: _____

___ Dietary restrictions: _____

___ Physical limitations affecting my participation: _____

Ride Share

___ I would like to be put in touch with others who wish to share rental transportation. (Fill in email above.)

Payment

Full price of the retreat is \$550. All rooms are single and have their own bathrooms. All meals are included and are vegetarian. This price reflects a subsidy by Desert Rain Zen. We'd be honored if you could pay any amount up to the actual cost of the retreat, which is \$800.

Please register by February 1. Upon receipt of a deposit of \$150 via check made out to **Desert Rain Zen**, your **room and space in the retreat will be reserved**. Balance is due at the start of the retreat. Mail payment with this form to the Registrar:

Bill Scott
6002 E. Seneca
Tucson, AZ 85712
warguyle@gmail.com | 520-975-8709

If you need financial assistance, please let Bill know. Scholarships are available. And contact him with any other questions (commuter rate, part-time attendance, etc.).

Full payment of \$550 (or other amount up to \$800) _____

Deposit of \$150 _____

Scholarship fund donation* (may be tax-deductible) _____

Total enclosed _____

Refund Policy: We can return your payment for a full refund up to February 14. From February 15 – March 2, we are able to refund all but \$50 of any deposit or full payment. After March 4 we cannot guarantee a refund.

***Scholarship Fund Donation:** Your optional contribution enables us to welcome all participants who wish to attend.

Transportation to and from Tucson International Airport

Information on transportation available at Tucson International Airport can be found at <http://www.flytucson.com/parking-and-transportation/> .

Retreat Information

Bring simple clothing to layer, seasonal outerwear, slip-on shoes, an alarm clock, and a flashlight. Please leave strong scents and noisy electronics at home. Temperatures can range from 40 to 90 degrees F.

Sheets, blankets, and towels are provided. Meditation cushions, mats, and chairs are available at all times, and you may switch between them as needed. Feel free to bring your own mats and cushions if you would like.

A retreat can be a physically and psychologically demanding experience. We encourage participation in every activity, though no activities are required. If you have physical limitations or allergies, let the Registrar know. If you are concerned about psychological demands, we ask you to speak with the teacher as part of your registration. First-time participants should contact the Registrar, Bill Scott, at 520-975-8709 or warguyle@gmail.com .