

Zen Retreat (Dai-Sesshin) in Miami, Florida

with Rev. Hank Soan Poor, Osho
March 16-24, 2012

Strip yourself down to original Mind, the origin of all teachings. Uproot the entrenched self, free yourself from that static self, become dynamic again and practice to manifest freely in accordance with events.

We meditate together for seven days, following a rigorous schedule from early morning till night. Daily activities are: sitting (*zazen*), walking (*kinhin*), chanting, Dharma talk, private interview (*dokusan*), and cleaning. Every participant gets a personal task regarding his/her meditation practice and is encouraged to share his/her realization with the Teacher.

The various practices that constitute a sesshin were set up by the ancients to bring about liberation from the habit energies of conditioned self and allow unconditional universal wisdom to manifest. At this point, one sees that the world, hitherto perceived as "external" and "other", is nothing but the projection of individual mind that has the character of its owner!

Soan Poor, a Dharma heir of Ven. Gesshin Prabhasa Dharma Zenji, has been practicing Zen for twenty four years. He has been meditation leader at the Dharma House, the International Zen Institute's practice center in Miami, since 1993. He was ordained as a Lay Zen Minister in 1995, was named a Teacher in 1999, and was ordained as an Osho, Zen Buddhist priest, in 2002

This residential retreat will be held at Soan and Jigen's residence, which has a spacious house and yard.

TIME:

Friday, March 16 till Saturday, March 24, 2012.
Friday: 7:30 p.m. Evening meal, registration,
introduction and instructions
Saturday - departure late morning.

PLACE:

Soan and Jigen's House
7921 SW 129 Terrace
Miami, FL 33156

FOOD:

3 Vegetarian meals a day will be served. Please indicate special dietary needs on the registration form.

COST: \$300. (or \$50/day)

REGISTRATION FORM

Miami Retreat, March 16-24, 2012

Name:.....

Address:.....

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Phone:.....

WAIVER OF LIABILITY

The participant understands and agrees that the International Zen Institute of Florida shall not be held accountable or responsible for any property damage or bodily/mental injuries received during the retreat.

Date:.....Signature.....

ACCOMMODATION: This is a residential retreat. Weather permitting, participants will sleep in tents (their own) or on the porch (own bedding, etc.).

INFORMATION:

Soan and Jigen Poor
Phone: (305) 252-3540

REGISTRATION:

Please send registration form with a deposit of \$50 before March 1 to:

International Zen Institute of Florida
3860 Crawford Avenue
Miami, FL 33133, U.S.A.
Phone: (305) 448-8969

MEDICAL INFORMATION

Do you have any current or chronic health problems? If so, specify:

Are you currently taking any medication? If so, what kind?

For what reason?

Do you need any special consideration for health reasons?

Dietary needs:.....

Whom to notify in case of emergency:

Name:.....Relationship.....

Address:.....

.....Phone:.....