



TWO DAYS of ZEN MEDITATION

(nonresidential retreat)

Saturday May 25th, 2019

10:00am - 5:30pm

Sunday May 26th, 2019

9:00am–4:30pm

Bellinghen Zen Group

With Zen Teacher Ellen Davison

You are invited to come and explore traditional Zen meditation. The days includes meditation instruction, Zazen (sitting meditation), chanting, a Dharma talk, and individual interviews. This is a wonderful opportunity to work with an experienced Western Zen teacher.

Ellen Davison Roshi is a Zen teacher in the Diamond Sangha lineage and leads meditation groups and retreats in both the Zen and Insight traditions. Ellen has worked as a psychologist and counsellor and emphasises the importance of applying one's meditation practice to all aspects of daily life.

Come and settle into the silence of this ancient tradition. Suitable for both beginners and experienced meditators.

Cost: Facility fee \$15:00 for one day or \$20.00 for two days plus donation for the teacher

Location: Bellinghen Yoga Studio, 8 Crown Street, Bellinghen (entrance via rear lane)

BYO: Lunch (tea provided)

Contact: Contact Vince for information and booking at bellinghenzengroup@gmail.com



This is a Tallowwood Sangha event. See our website at:

<http://tallowwoodsangha.org.au>

Coordinated by Bellinghen Zen Group