

DESERT SUNRISE RETREAT

WITH TENNEY NATHANSON SENSEI

MARCH 5-10, 2019

REDEMPTORIST RENEWAL CENTER AT PICTURE ROCKS | TUCSON, ARIZONA

Registration due February 1, 2019



Tuesday, March 5, 2019

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 10, 2019

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 and walking meditation and optional yoga and desert walks; private meetings with the teacher; dharma talks and a koan seminar; work practice to sustain the retreat; and vegetarian meals.

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 5-10, 2019 | REGISTRATION DUE FEBRUARY 1, 2019

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 \$800, and scholarships are gladly offered. All rooms are single and have their own bathrooms. All meals are included and are vegetarian.

Please register by February 1. Upon receipt of a deposit of \$150 via check made out to **Desert Rain Zen** and mailed to the registrar with this form, your **room and space in the retreat will be reserved**. Balance is due at the **start of the retreat**. You may also contact Bill with any other questions (commuter rate, part-time attendance, etc.).

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

Please don't hesitate to request a scholarship, especially if the full amount would keep you from attending.

I will pay the full amount of \$800 _____
I would like a scholarship of \$100 _____
I would like a scholarship of \$200 _____
I would like a scholarship of \$_____ _____
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 2 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 .