

# DESERT SUNRISE RETREAT

DESERT RAIN ZEN WITH TENNEY NATHANSON SENSEI  
MARCH 3-8, 2020

REDEMPTORIST RENEWAL CENTER AT PICTURE ROCKS | TUCSON, ARIZONA

Registration due February 1, 2020



**Tuesday, March 3, 2020**

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 8, 2020**

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://desertrenewal.org>.

## 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

DESERT RAIN ZEN | MARCH 3-8, 2020 | REGISTRATION DUE FEBRUARY 1, 2020

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, which is approximately what the retreat costs DRZ, 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 – February 29, we are able to refund all but \$50 of any deposit or full payment. After February 29 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. Dana ("generosity," a donation) for the teacher is customary.

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](mailto:warguyle@gmail.com) .