

January Zazenkai

Date: 01/30/2016 - starts at 7:45 AM

[Upaya Sangha of Tucson](#) is holding a half-day *retreat*, also called a *zazenkai*, at Stone Curves (address below) on January 30. This event will start at 7:45 am and run until, roughly, Noon.

What is Zazenkai?

Zazenkai can be translated as “to come together for meditation.” It offers a less intensive opportunity to deepen practice than, say, a retreat or sesshin. It will consist of alternating sessions of chanting, zazen (seated meditation), and kinhin (walking meditation). Expect zazen sessions to be roughly 30 minutes.

(An opportunity for “dokusan”, private interview, will be optionally available with our Sensei)

Space constraints will limit participation to 15 individuals. To reserve a space, *please* acknowledge your wish to attend by filling out the following form:

<http://bit.ly/1PkyE2p>

Once the limit has been met, we will maintain a waiting list. If space opens up, we will notify individuals from that list.

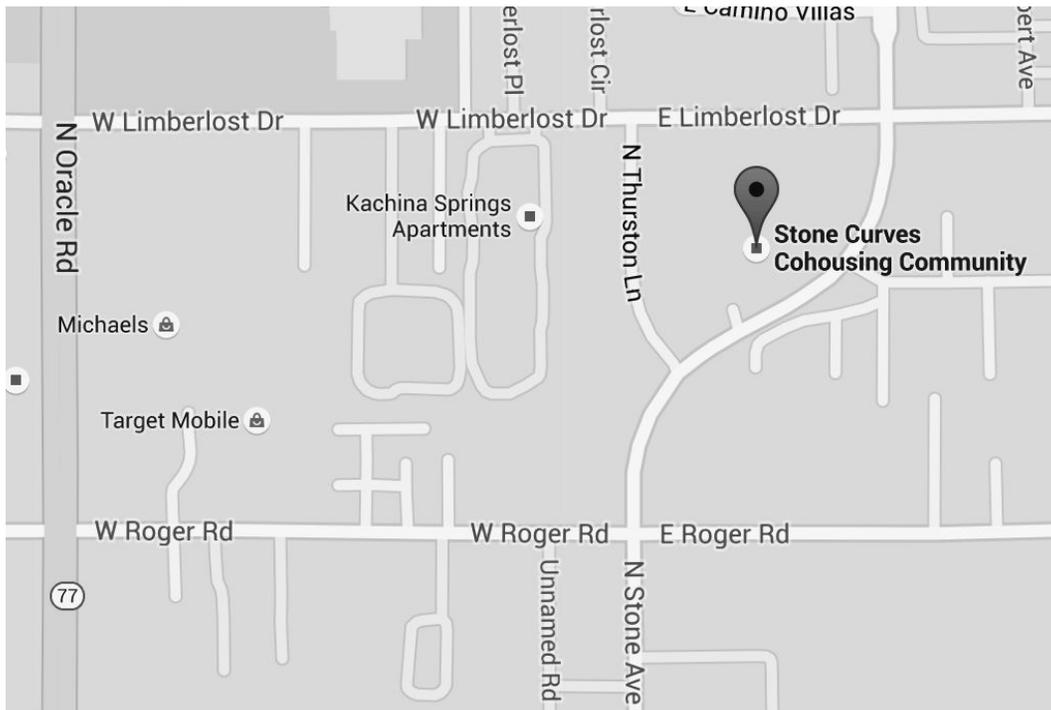
Plan to arrive promptly by 7:45 am. A brief orientation will precede the event. This will cover the necessary details to make the event go smoothly (minor logistics, outline timeline, information about dokusan, secret to enlightenment, etc.).

What to bring?

Plastic chairs will be available for use. If you wish to have a different setup for meditation (say, a zafu & zabuton), please bring your own from home.

You may wish to bring a jacket, blanket, or scarf to help keep warm. We will be indoors for seated meditation, but outdoors for walking meditation.

We will meet in the upstairs community room at **Stone Curves** (which is between Limberlost & Roger on Stone Ave) [4133 N Stone Ave, Tucson, AZ 85705](https://www.google.com/maps/place/4133+N+Stone+Ave,+Tucson,+AZ+85705).



The entrance to Stone Curves is just “north-east” of Thurston Lane.

Parking

Visitor parking is available as you enter from Stone Ave. We encourage attendees to carpool if possible.

Questions

If you have any questions regarding the event and would like to reach out, please contact the registrar for event:

Andrew Lenards <andrew.lenards@gmail.com>