



Rev. Shohaku Okumura

Oct 15-17 2010 Walking Retreat

The Sunnybank Retreat Association
 P.O. Box 233, Hot Springs, NC 28743
 Tel (828) 622-7206

Cost \$220.00 – Includes: Teacher’s tuition, lodging at the historic Sunnybank Inn, organic vegetarian meals, hikes on the Appalachian Trail and an evening soak in the nearby geothermal warm mineral springs.

Shohaku Okumura is a Soto Zen priest and Dharma successor of Kosho Uchiyama Roshi. His published books of translation and commentary include *Realizing Genjokoan—The Key to Dogen’s Shobogenzo* (new from Wisdom books); *Shobogenzo Zuimonki*; *Dogen Zen*; *Zen Teachings of Homeless Kodo*; *Opening the Hand of Thought*; and with Taigen Dan Leighton, *Dogen’s Extensive Record – A Translation of the Eihei Koroku*. Okumura is also editor of *Dogen Zen and Its Relevance for Our Time*; and *SotoZen*. He is the founding teacher of the Sanshin Zen Community, based in Bloomington, Indiana, where he lives with his family.

Sunnybank Retreat Association is hosting a special walking / sitting weekend retreat with Zen priest, and Dogen translator, Rev. Shohaku Okumura Friday through Sunday October 15-17, 2010, beginning with dinner Friday evening, ending with lunch Sunday.

My idea of a walking retreat is rather like a pilgrimage (junrei) in Japan. Even though there are no Buddhist temples to visit on the Appalachian Trail around Hot Springs, as Dogen wrote in his *Mountains and Waters Sutra*, “The mountains and rivers at this moment are the manifestation of the ancient buddhas.” We will “just walk” letting go of our thoughts, opening ourselves to being truly intimate with ourselves and nature. There will be opportunity to compose haiku, sketch, and paint if you wish. We will put our entire beings in the midst of nature instead of on the cushion and facing the wall in the zendo. There will also be morning zazen (seated meditation), delicious Sunnybank meals and a visit to the hot mineral springs. – *Shohaku Okumura.*

SCHEDULE

FRIDAY EVENING	SATURDAY – MORNING	– AFTERNOON	SUNDAY
6:15.....Intro to zazen	6:00.....zazen	10:25.....walking	12:30 ...lunch
7:00.....dinner	6:40.....kinhin	meditation on farm	1:30.....leave for AT trail
8:00.....orientation	6:50.....zazen	11:15.....dharma talk	and walking meditation
8:30.....zazen	7:30.....break	11:45.....return to Inn	5:00.....rest
9:00.....retire	8:30.....breakfast	7:00.....dinner	8:30.....hot springs baths
	9:15.....leave for cabin		
	9:45.....zazen		
			6:00.....zazen
			6:40.....kinhin
			6:50.....zazen
			7:30.....break
			8:30.....breakfast
			9:15.....to Max Patch bald
			1:00 p.m. LUNCH / END