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# A Wilderness Meditation Retreat for Earth Activists at Tassajara

May 17 - 23, 2020

Tassajara Zen Mountain Center, near Carmel Valley, CA

Committed environmental activists with an interest in developing or deepening a meditation practice are encouraged to apply.



Tassajara Zen Mountain Center is the oldest Soto Zen Buddhist monastery in the U.S. This meditation retreat center is nestled deep in the mountains of Big Sur's Ventana Wilderness. There are world-class hot springs in a traditional Japanese bathhouse; trails into the steep mountains rich in wildflowers, birds, and other wildlife; and as cell phones do not work there and there is no Internet access, there is a unique opportunity to unplug and slow down that is hard to match anywhere in the U.S.

The program: The six-day intensive program is designed to help activists develop and deepen a meditation practice in an unrivaled wilderness setting. The retreat schedule will include twice daily meditation, Zen work practice, plus sessions that focus on deep connection with the land; group dialogue on stress and how we work with it; introspection on grief and despair held by today's Earth activists; the overarching themes of connection and separation in our work; and how to take practice home and into the workplace. There will be additional opportunities for hiking, swimming, and relaxing. Accommodations for the retreat will be shared.

The cost: No one will be turned away due to costs. The retreat is possible due to the generous support of The RiverStyx Foundation. To make this retreat sustainable and accessible to all, participants will be encouraged to make a donation based on their relative financial capacities. More information about this

and actual cost per participant will be provided to participants in the application process.

The commitment: We ask each attendee to commit to the following: a brief period of meditation each day the week before the retreat; sobriety the week before and the week of the retreat; a reading from a recommended book list prior to the retreat; sharing progress toward the above commitments with other attendees before the retreat; following the retreat schedule completely, including sitting meditation both early mornings and evenings each day of the retreat.

The facilitators: **Joan Amaral** is the founder and guiding teacher for Zen Center North Shore (formerly Marblehead Zen Center) near Boston. She is a dharma heir of Zenkei Blanche Hartman in the lineage of Shunryu Suzuki, Roshi. She has a particular interest in extending the practice of zazen into the wider community through multifaith collaboration and justice work particularly around the migrant and climate crises.

**Katharine Dion** is a writer and Buddhist eco-chaplain devoted to creating artistic and experiential spaces for people to connect with their deepest feelings in service of a more compassionate world. She is an ordained lay practitioner in the Soto Zen lineage and has trained with Tenshin Roshi, the Sati Center for Buddhist Studies, and Thanissara's Dharma in Times of Heartbreak.

**Tim Ream** has been an environmental activist and Zen student for 30 years. Tim has worked for the Earth as an environmental attorney, a direct action activist, and many roles in between. Interwoven with his decades of activism, he has completed a dozen two and three months-long intensive Zen retreats at Tassajara, Green Gulch Farm, and beyond.

To apply: Applications can be found at <https://forms.gle/tA1k7hFQo3ABSEkZA>. Priority acceptance given to applications received by January 3, 2020. Applications may be accepted as late as March 31, 2020. Invitations to the retreat will be sent on a rolling basis, so early application is strongly encouraged.

More information about Tassajara can be found at <https://sfzc.org/tassajara>. Questions specific to the retreat before January 4 can be sent to [timream@gmail.com](mailto:timream@gmail.com). Questions after January 4 should be directed to Tim Ream, 39171 Tassajara Rd. Carmel Valley, CA 93924.

