

# One Day City Chan Meditation Retreat

6/17 (Saturday) 9:00am – 4:30pm

**Description:** During this one day city retreat, Gilbert will be providing his instructions and guidance on the Chan Buddhist practice, with an emphasis on cultivating the Right View in meditation practice. This retreat will provide opportunities for practitioners of various levels of experience to ask questions and seek guidance on how the Right View can be adopted into daily life and practice.

Retreat includes periods of sitting meditation, walking meditation, and relaxing moving exercise to allow practitioners to settle deeply into their practice. Vegetarian lunch will be provided for the retreat.

Although this retreat is open to everyone, please note that this retreat is not an introduction to meditation. To get the most from this retreat, it is recommended that participants have some basic experience with meditation practice, either through a daily practice or a prior introductory meditation class (newcomer orientation program).

You may register for half day session. However, it is highly recommended that practitioners plan to attend whole day program of this retreat.

Free to the public. Donations are welcome.

Registration preferred.

## Q/A and Sharing Individual Practice

6/17 (Evening Program) 4:30pm - 8:30pm

In this evening session, we will have open Q/A and sharing individual meditation experience. However, if you wish to have a personal interview with our teacher Gilbert. Please sign in an interview form. We will arrange the time for your personal interview.

Free to the public. Donations are welcome.

Registration preferred.

