

Participating in a Retreat at the Lexington Zen Center

Signing Up: Space is limited, so email us in advance (homerhanumat@gmail.com) to let us know that you plan to come.

Getting Here and Parking: Our address is 2351 Wilderness Road, Lexington KY 40509. We have a parking lot in our front yard. There is no on-street parking, so in consideration of our neighbors in this placid residential area, it is essential that we use the lot and not the street. If it appears that the number of retreatants will be large, we will encourage folks to meet at the Auto Zone store at the corner of New Circle and Liberty, and then either walk to the Zen Center (about half a mile, a pleasant hike in good weather) or car-pool.

Coming Late or Leaving Early: Sometime you can make only part of the retreat. In that case be especially aware of where you are parked. People who need to leave early can easily find their cars blocked in by those who arrive after them. If you plan to come for the entire retreat, try to arrive at least 15 minutes early. Then we can arrange parking so that, as much as possible, early-leavers are not blocked in by those planning to leave later.

Sitting: Seated meditation periods vary in length but can last as long as 30 minutes. Adopt a posture that you think you can hold for at least 30 minutes without too much discomfort. We have a variety of cushions and some chairs for you to use, but please bring your own cushion, bench or chair if you have particular needs.

Walking: Sitting periods are interspersed with informal walking periods. The time for each walk (usually about ten minutes) is announce at the end of each sitting period. You can walk in the house or outside, but if you spend time outside be mindful of the time and be sure to get back inside with a minute or two to spare—otherwise you may not hear the bell that signals resumption of sitting.

Tea and Food: We usually include one longer walking period to allow folks time to make and consume tea. The Center has some tea supplies but you may wish to bring your own tea and mug.

Meals: During a half-day retreat there is no meal. Sometimes we will have an optional lunch after the retreat, in which case those wishing to participate should bring their own sack-lunch. (We have a fridge!)

Dana: It is customary to offer an additional contribution in appreciation of the work of the teacher who leads the retreat. This can be in the form of a separate check to the Lexington Zen Center with “teacher dana” in the memo line.

Four Agreements: During most retreats we ask all participants to follow our four agreements:

1. **Be still:** sit still during the sitting periods. Outer stillness supports the mind’s stillness.
2. **Be silent:** during the retreat itself, observe silence in and outside the Center. Outer silence supports inner silence.
3. **Don’t look around:** keep eyes down and allow one another the psychological space to meditate without interference or intrusion. We support our own practice by remaining inwardly focused.
4. **Do your best:** we seek to create an atmosphere where each person can wholeheartedly enter this inquiry into our human existence and we support one another by giving our best energy to the practice.

LEXINGTON ZEN CENTER

RETREAT REGISTRATION FORM

Retreat dates: September 21st, 9am-12:30pm. Optional sack lunch afterwards. Try to arrive at least 15 minutes early to arrange parking.

Cost: \$35 , due at the retreat. Dana is optional, but encouraged.

Name:

Address:

Telephone:

Email:

I hereby release the trainer(s), Lexington Zen Center, its trustees, and its members from any liability for any harm incurred as a result of my participation in the course.

(name)_____ (date)_____

Contact name and no. in event of emergency:

If you have any questions, please don't hesitate to write lexingtonzencenter@gmail.com.

Bring this form (signed and with payment) to the retreat. Address: 2351 Wilderness Road, Lexington KY 40509.

Email in advance homerhanumat@gmail.com to let us know that you are coming.