

DESERT SUNRISE RETREAT

WITH JOAN SUTHERLAND, ROSHI

FEBRUARY 28 – MARCH 4, 2012

TRIANGLE L RANCH ORACLE, ARIZONA



Tuesday, February 28, 2012

Registration 3:00 – 5:00 pm

Dinner 5:30 pm

Opening session 7:30 – 9:00 pm

Middle days

5:00 am – 9:00 pm

Sunday, March 4, 2012

5:00 am – 2:30 pm

PROGRAM

A meditation retreat is a time we deepen and refresh ourselves through intensive spiritual practice. This is a residential retreat which includes sitting, walking, and moving meditation; private meetings with the teacher; daily dharma talks and a koan seminar; work practice to sustain the retreat; and vegetarian meals.

Though our retreat forms are grounded in traditions inherited from East Asia, we've evolved ways of practice that are more natural for many Americans. The day runs from 5:00 am to 9:00 pm, and most of it is silent. Some previous experience with meditation is very helpful. We try to make the retreat accessible to people with special physical needs.

LOCATION

Triangle L Ranch, a homestead dating from the 1880s, is located in the high desert about 50 miles north of Tucson just outside of Oracle, AZ. Guest houses have shared baths and sleep 2-6 people.

2805 Triangle L Ranch Road ~ Oracle, Arizona 85623

For more information and directions, see www.triangleLranch.com or call 520.623.6732

TEACHER

Joan Sutherland's work centers on the Zen koan tradition as a source of creativity and awakening in peoples' lives today. She holds frequent meditation, koan, and artists' retreats and is a widely-published author and translator, working on new translations of the major Chinese koan collections. She teaches through Awakened Life in Santa Fe, New Mexico, the center of the Open Source network of communities in the western United States.



Registration form attached

DESERT SUNRISE RETREAT

RETREAT REGISTRATION FEBRUARY 28 – MARCH 4, 2012

Name _____ Phone _____ Email _____

Address _____

EMERGENCY CONTACT DURING RETREAT

Name _____ Phone _____

SPECIAL NEEDS:

I have food or other allergies: _____

I have dietary restrictions: _____

I have physical limitations that will affect my participation: _____

I will need a mat & cushion.

I will need a chair.

PAYMENT

Make checks out to Desert Rain Zen, paying in full in advance or making a non-refundable deposit of \$200 **to reserve your room and space in the retreat. Your space is reserved when we receive your deposit or payment in full.** Balance is due at the start of the retreat. Mail payment with this form to the Registrar:

Mary Koopman
2561 W. Ruthann Drive
Tucson, AZ 85713
520.207.4433
koop1951@yahoo.com

If you need financial assistance, please let the Registrar know. Scholarships are available.

The number of participants is limited, allocated on a first-come, first-served basis. Guest houses have shared baths and sleep 2-6 people. All options include all meals.

Full-time residential participation / More Comfortable: \$525

Full payment* _____

Full-time residential participation / More Rustic: \$375

Deposit @ \$200* _____

Part-time non-residential (full day): \$85

Scholarship fund donation** _____

Part-time non-residential (half day): \$45

Total enclosed _____

***Deposit Policy:** We can return your deposit or full payment minus a \$40 administrative fee if you request a refund by February 15. Unfortunately, we are unable to refund your deposit or payment after February 15.

****Your optional contribution enables us to welcome all participants who wish to attend.**

TRANSPORTATION TO AND FROM TUCSON INTERNATIONAL AIRPORT

Arizona Stagecoach Shuttle Service Reservations: 520.889.1000. A listing of rental car companies at the airport can be found at <http://www.flytucsonairport.com/tucson-international-airport/ground-transportation/rental-cars/>. If you are traveling with others, we believe a rental car will be the less expensive option. If you are arriving at the Tucson airport on February 28, book a flight that arrives by 2:00 pm. If you plan to leave from the airport on March 4, book a flight later than 4:00 pm.

RETREAT INFORMATION

Bring simple, cool-to-warm clothing to layer and leave strong scents and noisy electronics at home. Bring an alarm clock, a flashlight, slip-on shoes, and seasonal outerwear. Snow is possible and changing weather is likely.

Sheets, blankets, and towels are provided. People coming by car are asked to bring their own meditation cushions; basic mats and cushions are available for others.

A retreat can be a physically and psychologically demanding experience. We encourage participation in every activity, though no activities are required. If you have physical limitations or allergies, let the Registrar know. If you are concerned about the psychological demands, make arrangements to speak with the teacher as part of your registration. First-time participants should call the Registrar, Mary Koopman, at phone: 520.207.4433.