

# SokukoJi Buddhist Community-Traverse City

## Meditation Retreat

### Saturday March 2nd, 2019



Sokuzan, a Soto Zen monk and head teacher at SokukoJi Buddhist Temple Monastery in Battle Creek will teach. Beginners are welcome. A simple lunch is provided. Suggested donation is \$40.00\*. **Hosted at the Unitarian Universalist Congregation building 6726 Center Rd, Traverse City MI 49686**

For questions or to rsvp, [contact us](#) through our website or at [sokukojitc@gmail.com](mailto:sokukojitc@gmail.com).

9:00-11:00am: Starting bell, meditation instruction and sitting. You are welcome to do walking meditation and take breaks as needed,

11:00-noon: Dharma talk

Noon-1:30pm: Lunch and clean up.

1:30-3:00pm: Sitting

3:00-3:30pm: Tea and snack break

3:30-4:00pm: Dharma talk

Sokuzan will be available for interviews (private meeting with the teacher to ask questions and discuss your practice). Dana (donation) for the teacher is a traditional Buddhist practice, and though not required, it is greatly appreciated.



**SokukoJi Buddhist Community is a 501 c3 non profit organization. Your tax deductible donation helps us offer opportunities to practice meditation, study the Buddhist teachings, and support community. It also helps support outreach programs including visiting schools and Michigan prisons. Our mission is to support meditation as spiritual practice to ease suffering,**

**Please help us with your donations by cash, check, or credit card payments at the door. For more information or to support our Traverse City community visit [sokukojitc.org](http://sokukojitc.org)**

**To hear Sokuzan's dharma talks, visit [sokukoji.org](http://sokukoji.org) or visit SokukoJi on YouTube**

**Thanks!**