

# Zen Retreat at Graiville

## *with AMA Samy, S.J.*

September 17-19, 2010 or  
September 17-24, 2010



Retreatants who are new to meditation and those who have experience are welcome. Silence, meditation, chi gong, opportunities for private discussions with AMA Samy, an optional Christian liturgy, and an introductory session for those new to Zen are included in the program.

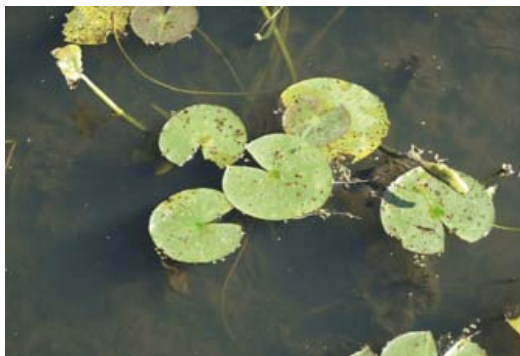
There will be retreats of two lengths, a week-long session and a weekend session. Both sessions begin with dinner on Friday, September 17, 2010 at 6:30 p.m. The weekend session ends with lunch on Sunday, September 19. The week-long session continues through lunch on Friday, September 24.

Zen Master AMA Samy was born in Burma to Christian parents and educated in a Buddhist environment. In 1972 he was ordained a Catholic priest. In 1982, he studied Zen Buddhism in Japan under the Dai-Roshi Yamada Koun, who gave him the Dharma name, Gen-un-ken-Sensei. AMA Samy lives and teaches at Bodhi Zendo, a meditation center in Kodai Kanal, India that he founded. He also conducts retreats in Europe, North America and Japan. He has written three books that are published in English. *Zen Heart*, *Zen Mind*, *Zen: Awakening To Your Original Face and Zen Meditation*.

### **Retreat Logistics**

Meals are vegetarian including dairy and eggs and are prepared with an eye to good nutrition. Meals will be low in fat, sugar, and salt. If you have special dietary needs please let us know in advance so arrangements can be made with the kitchen.

Bring comfortable loose-fitting clothing. In cold weather, a blanket/shawl is often used during meditation. In hot weather, modest lightweight clothing is the norm. Please avoid wearing shorts in the meditation hall. Laundry facilities are available. Bring your own towels/wash cloths. Graiville has a limited supply of meditation cushions and pads. If you have your own, you may wish to bring them.



### **Cost Of The Retreat**

235.00 weekend single room	450.00 week-long single room
190.00 weekend double room	300.00 week-long commuter
140.00 weekend commuter	

Participants are also asked to consider a Dana contribution to AMA Samy. Dana is an ancient Pali word meaning "generosity", "giving", or "gift". Going back to the days of the Buddha, the teachings were considered priceless and thus offered freely, as a form of Dana. The students in turn offered a Dana to the teacher. Graiville also offers a Dana to the teacher. You are invited to participate in the ancient tradition by giving a voluntary donation to the teacher at the end of the retreat. Limited scholarships may be available.

For more information please contact Graiville at 513-683-2340.