

# Wet Mountain Sangha

## Full-Day *Shake Like a Dog* Retreat

Saturday, May 10, 2008 9:00 am – 4 pm  
Center for Inner Peace, [740 W. 15th St.](#), Pueblo

**In the pursuit of learning,  
Every day something is acquired.  
In the pursuit of Tao,  
Every day something is dropped.  
--Lao Tzu**

### ***Schedule***



- 8:40** Arrival and Orientation; Temple Bell
- 9:00** Teacher enters hall and offers incense.  
Servers serve tea.
- 9:05** Welcome and Opening Words.
- 9:15** Begin sitting meditation (25 min.) and walking  
meditation (8 min.) periods. Work in the Room.
- 9:45** Sutra Service
- 10:15** Meditation & Work in the Room, as above, until  
Noon

**12:00** Potluck Silent Lunch in the Dining Room;  
Break;

**12:45** Work Practice; Leaders meeting in Interview  
Room

**1:15** Tea; Meditation & Work in the Room, as above

**1:30** Dharma Talk

**2:00** (Approx.) Meditation, as above

**3:50** Bodhisattva Vows, Closing Circle, Four  
Boundless Vows

**4:10** Closure

No fee. All dana (donations) for the day will go to Sarah Bender, Sensei. **Feel free to come for all or part of the day, but enter and exit the meditation hall only during walking meditation.** There will be an opportunity during the day to have a private interview with the teacher for those who wish. Instruction on interview protocol will be provided. Potluck dishes for lunch are appreciated. There is a small refrigerator, and coolers will be available. There is a microwave to warm food, but no oven or stove. If you are new to Zen practice, you may wish to review our "basic practice forms" beforehand, at: [http://www.wetmountainsangha.org/regular\\_events.html](http://www.wetmountainsangha.org/regular_events.html)

If you are interested in coming, **please RSVP** to Wendy Shinn ([shinndigs@msn.com](mailto:shinndigs@msn.com)), David Cockrell, 214-2949 ([davidcockrell@comcast.net](mailto:davidcockrell@comcast.net)) or to Jan Meserve ([jtmeserve@yahoo.com](mailto:jtmeserve@yahoo.com))