

Stopping Together On The Verge of Spring

A Full-day Sitting with Sarah Bender, Sensei

Hosted by the Wet Mountain Sangha

Saturday, March 17 at the Center for Inner Peace, 740 W. 15th Street, Pueblo



Schedule for the Day

- 8:40 Arrive, orientation.
- 9:00 Tea, meditation begins
- 9:30 Opening words from Sarah, Sitting & Walking Meditation, and Work in the Room (Individual Interviews) with Sarah
- 12:00 Silent Potluck Lunch
- 1:15 Tea, Sutra service
- 2:00 Sitting & Walking Meditation, and Work in the Room
- 3:00 Dharma talk, discussion, Meditation
- 4:00 Bodhisattva Vows, Close

Saturday, March 17, 2012, 9:00a – 4:00p. The day's rhythms will alternate between sitting and walking meditation, a full sutra service, a koan to guide our inquiry, and a silent *potluck* lunch. RSVP's are requested, especially if you only attend part-time and wish to schedule an individual interview with Sarah (WITR). RSVP to Jan Meserve at 565-1168 or jtmeserve@yahoo.com. **Suggested donations for Sarah, \$15.**