



Illuminating *Awareness*

Our Winter Zen Retreat

January 17-20 (Thursday 7 pm - Sunday lunch)
with Paul Weiss at The Whole Health Center

A meditation retreat gives us an opportunity to offer ourselves to “being here.” And to let the underlying spaciousness of our being shine its way through the busyness of the mind. If you want to give yourself a winter gift that allows you to find a balance of intensive meditation and quiet reflective time – with teachings and practices that support your cultivation of stillness, insight, and compassion – then please join us for our January residential zen retreat.

Our annual retreat provides coherent support for your practice, whether you are experienced or a beginner.

Our days together begin at dawn with the simple and profound ceremony of tea in the zendo (meditation hall). The schedule offers 8½ hours of meditation a day, including silent and guided group sitting, walking meditation, chanting, and dharma talks; with individual instruction as desired. All balanced with relaxed down time for rest or personal meditation, morning and afternoon qi gong exercise, and delicious food.

Those unable to begin Thursday may begin Friday evening at 7:00.

Cost (including room and board): Thursday – Sunday: \$255.00 Friday – Sunday: \$195.00
\$65 registration deposit. (*Scholarship help available as needed.*)

Retreat leader Paul Weiss began his zen practice in 1965 and has been leading retreats for over three decades.

“Paul is a dharma teacher with lots of heart wisdom. His presentation and teachings are going to benefit anybody. The essence of his work and the teachings of vajrayana are very much identical. That’s why I recommend that his work is going to be very transformative, is going to enhance your dharma practice. Anam Thubten Rinpoche

Please feel free to call with any questions at 288-4128, or email info@thewholehealthcenter.org

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