

# ***Golden Wind Retreat***

**Mar. 21-25, 2012 with Jack Duffy Roshi**  
***Sponsored by Zen Center of Spokane***

Jack Duffy, a dharma heir of Robert Aitken Roshi, is the guiding teacher of Zen Center of Spokane. This retreat in the Zen Buddhist tradition will include zazen (sitting meditation), kinhin (walking meditation), dokusan (private interviews) and teishos (talks by the teacher.) Beginning students are welcome. The retreat will be held at Kairos House of Prayer, about 30 minutes north of downtown Spokane.

***Wed. night start for those who want a longer retreat. Jack will not arrive until Thurs.***

**Full Retreat, Wed. Start, \$230**

**Full Retreat, Thurs. Start, \$190**

6:00 pm Wed. or Thurs., through 2:00 pm Sunday; includes meals & lodging,  
Thursday evening begins with a formal, silent supper at 6:00 pm.

**Weekend Option, \$120**

6:00 pm Friday through 2:00 pm Sunday; includes Friday supper, meals & lodging.

**Saturday Only, \$60**

Saturday 9:00 am to 6:00 pm; includes lunch.

Partial scholarship assistance is available for participants with financial need.

For more information call (509) 747-4715 or e-mail: [myacker@icehouse.net](mailto:myacker@icehouse.net)  
Visit us at <http://www.zencenterspokane.org/> or [www.three-treasures-sangha.org](http://www.three-treasures-sangha.org).

**Checks may be made out to: Zen Center of Spokane**  
**Mail registration no later than Mar. 14 to:**  
**Martin Yacker, 1638 S. Maple Blvd., Spokane, WA 99203**

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***Registration Form***

Name \_\_\_\_\_ Phone # \_\_\_\_\_  
Address \_\_\_\_\_ e-mail \_\_\_\_\_

\_\_\_\_ Full Retreat (Wed)    \_\_\_\_ Full Retreat (Thurs)    \_\_\_\_ Weekend (Fri)    \_\_\_\_ Saturday Only

**A minimum deposit of half the fee is required, refundable thru Mar. 17**

**Amount Enclosed:** \_\_\_\_\_

**Please consider making an additional donation to support scholarship students.**

**Scholarship amount enclosed, if any:** \_\_\_\_\_ **(thank you!)**

\_\_\_\_ I will bring my own sitting cushion or bench and mat. (Please bring your own if possible.)

\_\_\_\_ I will need a sitting cushion and mat (zafu and zabuton.)

\_\_\_\_ I prefer to sit in a chair.

I will arrive by (time) \_\_\_\_\_, (day) \_\_\_\_\_.

Note any dietary restrictions or other special needs: \_\_\_\_\_

If you have not attended a retreat with Zen Center of Spokane before, please briefly describe any previous meditation experience: \_\_\_\_\_