

# Morgan Bay Zendo - 2018 Summer and Fall Retreats

- \_\_\_ Applied Permaculture Design Workshop - Jesse Labbe-Wilson
  - \_\_\_ Saturday, June 23, 8 am - Sunday, June 24, 4 pm.
- \_\_\_ Introduction to Zen Meditation
  - \_\_\_ Sunday, June 3, 1 pm - 3 pm.
  - \_\_\_ Sunday, September 16, 1 pm - 3 pm.
- \_\_\_ Day of Mindfulness - Nancy Hathaway
  - \_\_\_ Friday, June 1, 9 am - 3 pm.
- \_\_\_ Kwan Seum Zen Tea - Nancy Hathaway
  - \_\_\_ Wednesday, August 22, 3 pm - 5 pm.
- \_\_\_ Zen Practice Weeks - Hugh Curran
  - \_\_\_ Monday, August 13 to Friday, August 17.
  - \_\_\_ Monday, August 20 to Friday, August 24.
- \_\_\_ Zen and Yoga - Hugh Curran and David Walker
  - \_\_\_ Saturday, July 14, 9 am - 5 pm.
  - \_\_\_ Saturday, August 18, 9 am - 5 pm.
- \_\_\_ Day of Meditation - Nancy Hathaway
  - \_\_\_ Saturday, September 15, 9 am - 3 pm.
- \_\_\_ Zen and Yoga - Hugh Curran and John Yasenchak
  - \_\_\_ Saturday, November 3, 9 am - 5 pm.



Overnight accommodations before or after a retreat may be available. For more details, please contact the email address listed for each event. No one is turned away for lack of funds. Donations are welcome.

The registration form may be mailed to MBZ, 532 Morgan Bay Rd, Surry, ME 04684 or downloaded from the website and emailed as a pdf to the retreat leader.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone (day) \_\_\_\_\_ (evening) \_\_\_\_\_  
(cell) \_\_\_\_\_

E-mail \_\_\_\_\_

## Seeing/Drawing on the beautiful Zendo grounds for four Tuesdays in July

Led and Supported by artist/teacher and MBZ member Margret Baldwin  
July 10, 17, 24, 31 from 2:30 - 4:30 pm.

Fee for the four sessions is \$100  
Bring a drawing board and your own favorite drawing materials, sturdy shoes.

Limited open slots.

For information and to register, please call Margret at 207-667-8328 or e-mail [margretbaldwin@gmail.com](mailto:margretbaldwin@gmail.com)

*I write, erase, rewrite,  
Erase again, and then  
a flower blooms.  
Hokushi*

*A world of dew,  
And within every dewdrop  
a world of struggle.  
Issa*

For schedule changes and other Zendo information, please check: [www.morganbayzendo.org](http://www.morganbayzendo.org) and [www.facebook.com/morganbayzendo](https://www.facebook.com/morganbayzendo). For further information, please e-mail [info@morganbayzendo.org](mailto:info@morganbayzendo.org) or contact the retreat leader.