

# Morgan Bay Zendo - 2019 Summer and Fall Retreats

- \_\_\_ Introduction to Zen Meditation
  - \_\_\_ Sunday, June 2, 1 pm - 3 pm.
  - \_\_\_ Sunday, September 8, 1 pm - 3 pm.
- \_\_\_ Kwan Seum Zen Teas - Nancy Hathaway
  - \_\_\_ Wednesday, June 19, 3 pm.
  - \_\_\_ Wednesday, July 24, 3 pm.
  - \_\_\_ Wednesday, August 21, 3 pm.
- \_\_\_ Day of Mindfulness for Moms - Nancy Hathaway and Rebecca Rose
  - \_\_\_ Sunday, June 23, 8:30 am - 3:30 pm.
- \_\_\_ Relax, Renew and Refresh Mindfully for Educators - Nancy Hathaway
  - \_\_\_ Sunday, June 30, 11 am - 4 pm.
- \_\_\_ Day of Mindfulness for the Earth- Nancy Hathaway
  - \_\_\_ Friday, July 19, 10 am - 3 pm.
- \_\_\_ Mindfulness for Children and Their Caregivers - Nancy Hathaway and Rebecca Rose
  - \_\_\_ Sunday, August 4, 10 am - 1 pm.
- \_\_\_ Zen Practice Weeks - Hugh Curran
  - \_\_\_ Monday, August 5 to Friday, August 9.
  - \_\_\_ Monday, August 12 to Friday, August 16.
- \_\_\_ Zen and Yoga - Hugh Curran and David Walker
  - \_\_\_ Saturday, August 17, 9 am - 5 pm.
- \_\_\_ Weekend of Meditation - Nancy Hathaway
  - \_\_\_ Saturday, September 14, noon - 5 pm.
  - \_\_\_ optional overnight
  - \_\_\_ Sunday, September 15, 8:30 am - 3:30 pm.
- \_\_\_ Bodhidharma Day - Hugh Curran
  - \_\_\_ Sunday, October 20, 1 pm - 5 pm.
- \_\_\_ Zen and Yoga - Hugh Curran and John Yasenchak
  - \_\_\_ Saturday, November 2, 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 \_\_\_\_\_



## Summer Drawing and Bookmaking

on the beautiful Zendo grounds

Led and supported by artist/teacher and MBZ member Margret Baldwin.

### Drawing

July 9, 16, 23, 30 from 2:00 - 3:30 pm.  
Bring your favorite drawing materials and a sketchbook, other materials will be provided. \$125.

### Bookmaking

August 6, 13 from 2:00 - 3:30 pm.  
Construct a beautiful handmade book in the traditional **Japanese stab binding** method. Materials provided.  
Limited open slots. \$75.

### Drawing, continued

August 20, 27, September 3, 10 from 2:00 - 3:30pm. \$125.

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

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.