

FRIDAY EVENING, NOVEMBER 7 • 7pm to 9pm

SATURDAY, NOVEMBER 8 and SUNDAY, NOVEMBER 9 • 9am to 5pm

Meditation and Creativity: Practices that Refresh and Free the Mind.

A Zen Koan Workshop

with John Tarrant, Roshi



John Tarrant, Roshi, is the Director of Pacific Zen Institute which is devoted to koans, the arts and finding awakening in the midst of American life. He is the author of *Bring Me the Rhinoceros—and other Zen Koans That will Save Your Life* (Coming from Shambhala in November) & *The Light Inside the Dark: Zen, Soul & the Spiritual Life*. He has a PhD in psychology and also teaches at Duke Integrative Medicine within Duke University Medical School. John is one of the most original Zen teachers in the United States.



In this retreat you will experience meditation as a creative act. The idea of practice is a way to put something healing and refreshing in your life every day. A spiritual practice allows us to live down a level, in touch with the depth of life, before we explain the world. A practice also allows us to approach life as we would a work of art, something that can be beautiful because it contains an element of uncertainty. In koan practice, small shifts can have large effects because we begin to notice them. This is how creative leaps occur. No previous experience with koans is necessary to attend.

Program Costs:

\$125 for general admission

\$100 for Nalanadbodhi and Nalanda West members

Prices are negotiable based on need...

no one is turned away.

Limited Seating!

Please pre-register by emailing:

admin@nalandawest.org



Nalanda West

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www.nalandabodhi.org 206.529.8258 info & pre-registration