

**Saddharma Pundarika Sutra. - The LOTUS SUTRA
AUTUMN EQUINOX 2017 - 5 day Meditation Retreat
at THE BODHI MANDA ZEN CENTER, JEMEZ SPRINGS NM**

ABOUT THE TOPIC :

THE LOTUS SUTRA is a teaching that encourages an active engagement with mundane life and all its challenges. Awakening to the truth of all things is not an escape from these challenges but an inexhaustible source of positive energy to grapple with and transform the sufferings and contradictions of life and create happiness.

As Daisaku Ikeda has written, the Lotus Sutra is ultimately a teaching of empowerment. It “teaches us that the inner determination of an individual can transform everything; it gives ultimate expression to the infinite potential and dignity inherent in each human life.”

In this 5 day meditation retreat Aparna will share the teachings of this exquisite discourse on the true great adventure of self-reformation.

The retreat is set among the spectacular geological formations and mountains of Jemez Springs NM. And the The Zen Center, located in historic Jemez Springs NM, enjoys a beautiful riverfront property with 6 main buildings to house its residents and guests as well as 2 natural hot springs, spaces for ceremonies, meditation, education, cooking and dining.

About Aparna

APARNA is a Yogacharya and Dharma teacher. She has been teaching Insight Meditation (Vipassana) since 2001. She leads intensives on the Solstices and Equinoxes, teaches retreats around the year and is the creator of a series of meditation CD's under the title 'INNER ALCHEMY'. You can find her on www.amazon.com or on her own website www.livingyouryoga.org

Retreat dates : Sept 14th- Sept 18th 2017

(Retreat begins at 4pm on Thursday and ends at 2pm on Monday)

(see pricing below)

EARLY BIRD Retreat Pricing :

**MAKE A DEPOSIT (half your payment) AND RESERVE YOUR SPOT.
PAY THE BALANCE Sept 1st. Early bird pricing ends July 31st.
CALL 505-227-7765 to take advantage of this payment plan.**

- 3-4 people in a room (each gets a twin bed) , with shared bathroom & with meals \$660 per person
- 2 people in a room (double beds only), private bathroom, with meals \$740 per person
- Single occupancy, private bathroom, with meals \$820 per person
- Off site with meals \$580 per person (this option means that you are choosing to stay somewhere else in the town of Jemez but will be attending the retreat at the Bodhi Center)

PLEASE NOTE : WE ARE HAPPY TO ASSIGN A SAME GENDER ROOMMATE TO YOU IF YOU ARE BOOKING THE RETREAT AS A SINGLE BUT WOULD LIKE A SHARED ROOM. WE CANNOT HOWEVER GUARANTEE A ROOMMATE.

You can register via credit card or paypal on [http://livingyouryoga.org/the_store - dvds cds more](http://livingyouryoga.org/the_store_-_dvds_cds_more) .

If you come to class with Aparna you can pay via check/credit card or cash.

IMPORTANT PLEASE READ

- Meals included in retreat pricing are : Thursday dinner ; Friday/Saturday and Sunday breakfast, lunch & dinner ; Monday breakfast & Lunch.
- The offsite option is for those who want to camp by themselves or find their own accommodations. PLEASE NOTE : Day use/off site students signing up for the retreat are required to attend all sittings in the retreat.

- Please **do not** contact the Zen Center with questions or for information. If you have questions or concerns please email aparna@livingyouryoga.org or call 505-227-7765
- All meals are vegetarian. The Zen center is happy to accommodate special diets with enough notice. If you have special needs please let us know at the time of registering.
- Please plan to arrive latest by 4pm on Thursday to give yourself time to settle in and be comfortable before dinner.
- Link to the Center : <http://www.bmzc.org>
- Students are encouraged to participate in a 30-45 min Seva/karma yoga/selfless service daily and are welcome to help the Center with clean up after meals.
- Things to bring with you : ear plugs, soap, towel, sunscreen, toilet articles, coffee mug, flashlight, hat, work gloves, bathing suit (for hot springs), flip-flops, casual, modest clothes, and warm clothes (including socks for the Temple) for chilly mornings. **Bring Meditation cushions for yourself (chairs will be provided for those who cannot sit in the floor). Bring yoga mats for your own guided practice if so inclined. In order to respect the sensitivities of others please bring natural toiletries.**
- Dormitory rooms are with bunk beds. *Guests with physical limitations will be given preference for lower bunks.*
- *No pets please.*
- Hotels within walking distance of the Bodhi Manda off-site are available. Here are some possible places to call if you do not wish to stay at the Center :
Giggling Star Cabins (575) 829-9175 Jemez Mountain Inn (575) 829-3926

(See Retreat schedule below)

Daily schedule during the retreat :

Thursday :

- 5:00 pm *Dinner*
- 6:00- 9:00 pm *First Sitting Meditation of the retreat*
- 9:00 pm *Closure*

Friday, Saturday and Sunday

- 7:00 am *Breakfast*
- 7:45 am *clean-up*
- 8.30- 11:30 am *Sitting Meditation*
- 12:00 pm *Lunch*
- 1:30- 4:30 pm *Sitting Meditation*
- 5:00 pm *Dinner*
- 6:45- 8:30 pm *Free Time*

Monday

- 7:00 am *Breakfast*
- 7:45 am *clean-up*
- 8.30- 11:30 am *Sitting Meditation*
- 12:00 pm *Lunch*
- 1pm *Retreat ends*

Location: Bodhi Manda Zen Center, a Zen Buddhist Monastery in Jemez Springs, NewMexico, in the Jemez Mountains north of Albuquerque.

Directions from Albuquerque:

Go north on I-25. Take Rio Rancho/Placitas Exit # 242 onto U.S. 550 westbound. Continue past Bernalillo for about 23 miles. Turn right (north) onto Route 4 at San Ysidro and go about 16 miles to Jemez Springs. The Bodhi Manda Zen Center is on the (left) west side of the road, after the town park, also on the left.