

7 Day Intensive Chan/Zen Retreat

Hosted by the Tallahassee Chan Center at
Camp Cherry Lake, Madison, Florida

Led by Chan Teacher Guo Gu



December 26th 6pm to January 1st 1pm

This is an intensive Chan/Zen meditation retreat. The method used will be *huatou* (Jp. *kōan*). In addition to this method, the teachings will be taught comprehensively in the context of daily life activities, including sitting, walking, working, eating, sleeping, chanting, and gentle yoga exercises to harmonize the body, breath, and mind. The retreat also offers daily talks, detailed meditation instructions, and personal interviews.

Applications can be found at
tallahasseechan.com/special_events.html

Space is limited.