

Cultivating the Way



Zen on the Farm

August 26–29

(Thur Dinner–Sun Lunch)

Cultivating the path of practice mirrors the simple daily activities of the garden: feeding the earth, pulling weeds and planting seeds. With presence and patience, the joy is in the activity and the fruits yield of themselves. This farm retreat is intended to balance the naturalness

of late summer — offering periods of reflection and rest — with the discipline of a Zen retreat as we anticipate the coming of fall. It will be led by lay teacher and long time organic farmer Seido Martin and will feature contemporary Buddhist writings on practice in nature. Newcomers and seasoned meditators are all welcome. The retreat is free of charge. Your donations benefit Dharma Rain and are deeply appreciated.

Register online at www.dharma-rain.org or fill out below and mail to Dharma Rain Zen Center.

Retreat Leader

Seido Martin is a lay teacher at Dharma Rain Zen Center and organic farmer of 20 years. debraseido@gmail.com or 541-925-3019

Retreat Location and Facilities

Empty Field Zendo, Horton Road Organic Farm
in the coast range between Corvallis and Eugene
www.hortonorganics.com

Horton Road Organics is a small working organic farm 2½-hour drive south of Portland or 1-hour drive from Eugene or Corvallis. Retreat participants have the option of tenting or sleeping in the zendo and should come prepared for a rustic camp setting. Vegetarian meals will be served in the zendo.



Day / Time Arriving _____ Departing _____ Donation Enclosed: \$ _____
Name: _____ Phone: _____
e-mail address: _____
Postal street address (if e-mail is not acceptable contact) _____
 I can offer a ride I need a ride Any medical conditions and/or food allergies _____

Dharma Rain
Zen Center



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