



ALL DAY ZEN MEDITATION RETREATS AT WOODBURN HILL FARM, APRIL & JULY 3rd

All Beings Abode Sangha will host two all day sittings at Woodburn Hill Farm in Mechanicsville MD on Saturdays, April 3rd & July 3rd, 2010. We would like people to arrive by 9:30a.m. We plan to share a potluck lunch mid-day. And the sit will finish at 5pm. R.S.V.P is greatly appreciated. Each person should plan to donate \$5-\$10 for the day sit. There are opportunities for people to stay overnight on Friday.

There are a few job responsibilities on that day that we would like to divide up. We need a Tenzo (someone to lay out the food, etc), we need a Doan (timekeeper) we need an Ino (person to look after the meditation space) and a Tanto (someone to provide meditation instruction for new people).

We will plan to have at least 30 minutes of yoga or tai chi practice in the afternoon. And there will be a long break after the lunch for walks and resting.

Please contact Bobbi to RSVP for the retreat or to volunteer for one of the 4 jobs.

bobbi@bagheerayoga.com or call 202 255-2610 Below is a link to a map detailing the location of the site.

Note: it is at the very end of Woodburn Hill Farm Road.

[Google Map Link](#)