



**ONE DAY ZEN MEDITATION
RETREAT AT WOODBURN
HILL FARM, February 26TH,
2011**



All Beings Abode Sangha will host an all day sitting at Woodburn Hill Farm in Mechanicsville MD on Saturday, November 6th, 2011. 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 (\$20 donation requested).

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 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 Road in Mechanicsville MD.
http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=27290+Woodburn+Hill+Farm+Road+,+20659&sll=38.925652,-77.044193&sspn=0.011318,0.021544&ie=UTF8&hq=27290+Woodburn+Hill&hnear=Farm+Rd,+Mechanicsville,+MD+20659&ll=38.447136,-76.75787&spn=0.10836,0.15192&z=13