



Three-Day Chan/Zen Retreat Honoring Chan Master Sheng Yen

With Guo Gu (Dr. Jimmy Yu)

The guiding instructor for the Western Dharma Teachers at the Chan Meditation Center in NY and the Tallahassee Chan Group.

**Friday 2/3, 4-6pm
Saturday, 2/4, 9am-9pm
Sunday, 2/5, 9am-6pm**

\$60 suggested minimum donation.

Retreat includes instructions for sitting and walking meditation, yoga exercises, Dharma talks, one-on-one interview with Dharma Teacher Guo Gu. Vegetarian meals will be provided. A new book from Master Sheng Yen's teachings will be available to all participants.

At the Tallahassee Buddhist Community in Railroad Square (647 McDonnell Drive, Railroad Square)

Please Register by filling out the application form, which can be found at:

TallahasseeChan.com/

Send your application to: **tallahassee.chan@gmail.com**

Find us on Facebook: **Tallahassee Chan Group**