

**Meditation Retreat with Zen Master Dae Gak of Furnace Mountain
Friday September 23 – Sunday September 25, Rockville, Maryland**

Name _____

Address _____

Phone _____ email _____

Amount Enclosed ____ Do you need overnight accommodations? _____

make checks payable to Curtis Steinmetz and mail to Curtis Steinmetz 14825 Clavel Street Rockville MD 20853
for more information please contact Curt Steinmetz at 301-603-8181
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This retreat will assume some previous experience with Zen meditation, but extensive previous experience is not necessary. Each retreat participant will have the opportunity for one-on-one interviews with Zen Master Dae Gak, who will also give Dharma Talks during the retreat.

The retreat will be conducted in silence (except for interviews, Dharma Talks, and chanting). Sitting periods will generally be approximately 30 minutes. There will also be walking meditation as well as breaks and meals - but most of the retreat will be devoted to silent sitting meditation.

The retreat will be led by our Guiding Teacher, Zen Master Dae Gak, who has been leading retreats in the DC area since 1999. Zen Master Dae Gak is a Dharma Heir of the Korean Zen Master Seung Sahn, and has over thirty years of experience in Zen traditions from both Japan and Korea. He is the Guiding Teacher at Furnace Mountain, a rural residential Zen practice community in Kentucky. In addition to leading retreats around the U.S., he also serves as Guiding Teacher for groups in England and Germany, and has led retreats in Korea and Australia.

The cost for this retreat is \$70. This will not be a “residential” retreat, but overnight accommodations can be arranged – please let us know as far in advance as possible if you will need this. All meals from Friday dinner through Sunday lunch are included in the retreat fee. The location of the retreat is our Rockville Zendo - please contact us for detailed directions if you are not already familiar with the location.