



Hokyoji Practice Period



Led by Joen Snyder O'Neal, Michael O'Neal, and resident priest Dokai Georges. This practice period offers participants an opportunity to practice mindfulness in a variety of forms over the course of seven days. It will include sitting and walking meditation, dharma talks, study time, yoga and mindful movement, deep relaxation, vegetarian meals, work practice, and dharma discussion. There will be opportunities for individual meetings with teachers. This is a wonderful practice opportunity—register early to reserve a place. If you are interested in this event but have not attended a Compassionate Ocean sangha retreat in the past, please call.

Seven-day practice period:

Monday, August 28, 5:00 p.m. to
Monday, September 4, 2:00 p.m.

Sesshin only:

Friday, September 1, 7:00 p.m. to
Monday, September 4, 2:00 p.m.

Location:

Southeastern Minnesota

Fee:

\$65/night (members \$55/night)



**Compassionate
Ocean**

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