

Great Plains Zen Center



June 20 - July 14, 2011

Residential Intensive Practice Period



Join us this summer for an opportunity to experience intensive Zen practice in a monastic setting and attend special workshops and talks:

- Varied schedule of meditation, services, work practice, study and talks.
- Learn and review *zendo* and service procedures, honing skills and acquiring new ones.
- Work together on a variety of outdoor projects and general monastery work in beautiful rural Green County, Wisconsin.
- Experience talks by Zen teachers, Buddhist scholars and experts in Zen-related disciplines including writing, cooking and recovery from addictions.
- Attend yoga classes each week to help improve flexibility, posture and breathing for *zazen*.
- Weekly community service project with Second Harvest Foodbank of Southern Wisconsin in Madison (Transportation will be provided).
- Dormitory-style housing is provided and all meals (vegetarian) are included. Special diet restrictions can be accommodated upon request.
- Facilities are wheelchair accessible and air conditioned.

[Click here for a sample of the daily schedule](#)



Rates

Full Summer Intensive (6/20 to 7/14)

Individual Module (see dates below)

Daily (includes all events that day)

Non-members

\$600

\$180

\$50

GPZC members

\$540

\$150

\$40

[To register, please visit the Great Plains Zen Center website \(click here\)](#)

Note: Participants are welcome to arrive the evening before. The fifth day of each module has a partial-day schedule. All other days include a full schedule of *zazen* (Zen meditation), services, work and vegetarian meals. Special events during each module are listed below.

Residential Intensive Practice Period Modules

Click the [\[more\]](#) link beside each event to read more information on the GPZC website.

Module I (June 20-24)

- Monday, 6/20 [Yoga class with Cathy Hauck \[more\]](#)
Tuesday, 6/21 [Second Harvest Community Service Project \[more\]](#)
[Study class \[more\]](#)
Wednesday, 6/22 [Yoga class with Cathy Hauck \[more\]](#)
7 PM “Appreciate Your Life: Ongoing Practice; Everyday practice; Everyday koan” Rev. Elihu Genmyo Smith, Resident teacher, Prairie Zen Center [\[more\]](#)
Thursday, 6/23 [Study class \[more\]](#)
Friday, 6/24 Day of rest/optional schedule after breakfast

Module II (June 25 – 29)

- Saturday, 6/25 **10:30 AM “Walking the Buddha’s Path to Recovery: The Precepts, 12 Steps, and Concepts of Living a Whole Life Through Recovery”** Dr. David Kaiun Beighley, Beighley Consulting Associates, PLLC [\[more\]](#)
[Study class \[more\]](#)
Sunday, 6/26 **2 PM “The Practice of Mindful Cooking”** Matt Shingetsu Hellige, Tenzo (Head Cook), Great Plains Zen Center [\[more\]](#)
Monday, 6/27 [Yoga class with Cathy Hauck \[more\]](#)
Tuesday, 6/28 [Second Harvest Community Service Project \[more\]](#)
[Study \[more\]](#)
Wednesday, 6/29 **1:30 – 4:00 "Backyard stream health: 'chems, 'critters, and 'crobes".** Field work with Dr. Jim Palmer in our nearby streams (limited to 15 participants) [\[more\]](#)
7 PM "Creek Connections: Connecting Kids with Creeks"
Dr. Jim Palmer, Professor of Environmental Science, Allegheny College, Project Director of Creek Connections [\[more\]](#)



Module III (June 30 – July 4)

- Thursday, 6/30 [Study class \[more\]](#)
7:00 PM “Following the Fragrant Grasses: A Zen Writing Workshop” Rev. John Gendo Wolff, Professor of Humanities, West Shore College [\[more\]](#)
Friday, 7/1 [Yoga class with Cathy Hauck \[more\]](#)
7:00 PM “The writings of Zen Master Takuan” Dr. Dennis Lishka, Assistant Professor of Religious Studies, University of Wisconsin, Oshkosh [\[more\]](#)
Saturday, 7/2 **10:30 AM “Feeding the Hungry Ghosts: The Gate of Sweet Nectar Ceremony”** Rev. Myoyu Andersen, Resident teacher, Great Plains Zen Center [\[more\]](#)
[Study class \[more\]](#)
Sunday, 7/3 [Study class \[more\]](#)
Monday, 7/4 Day of rest/optional schedule after breakfast. Happy Fourth of July!

Module IV (July 5 – 9)

- Tuesday, 7/5 [Second Harvest Community Service Project \[more\]](#)
[Study class \[more\]](#)
Wednesday, 7/6 [Yoga class with Cathy Hauck \[more\]](#)
Thursday, 7/7 [Study class \[more\]](#)
Friday, 7/8 [Yoga class with Cathy Hauck \[more\]](#)
7:00 PM “This is Your Brain on Meditation: Teaching the Science of Meditation’s Impact on the Brain” Dr. Roc Ordman, Professor of Biochemistry, Beloit College [\[more\]](#)
Saturday, 7/9 **10:30 AM “Reading and Being Read By Mahāyāna Sūtras”** Dr. Natalie Gummer, Associate Professor in the Religious Studies Program, Beloit College [\[more\]](#)
8:00 PM Gate of Sweet Nectar Ceremony

Module V (July 10 – 14)

- Sunday, 7/10 **2:00 PM Dharma Talk** Rev. Tonen O'Connor, Resident priest, Milwaukee Zen Center [\[more\]](#)
- Monday, 7/11 Study class [\[more\]](#)
7:00 PM "Enlightenment Isn't Something Terribly Holy." Rev. Zuiko Redding, Resident teacher, Cedar Rapids Zen Center [\[more\]](#)
- Tuesday, 7/12 **Second Harvest Community Service Project** [\[more\]](#)
Study class [\[more\]](#)
- Wednesday, 7/13 Study class [\[more\]](#)
- Thursday, 7/14 Closing of Summer Intensive after breakfast



After the Summer Intensive is over, please join us for our Seven-Day Sesshin, featuring a talk by Dogen scholar Rev. Taigen Dan Leighton:

Seven-Day Sesshin (July 15-22)

- Friday, 7/15 **Fusatsu Ceremony (Renewal of Vows)**
- Saturday, 7/16 **10:30 AM "The Vital Process of Going Beyond Buddha"**, from a writing by Dogen. Rev. Taigen Dan Leighton, Guiding Dharma Teacher, Ancient Dragon Zen Gate [\[more\]](#)

Note: Not part of Intensive; separate registration required. [Click here to register for the sesshin online.](#)

Myoshinji (Subtle Mind Temple)

Located in rural [Green County, Wisconsin](#), *Myoshinji* (Subtle Mind Temple) is our newly acquired residential training center. Situated on approximately 3 acres, *Myoshinji* overlooks meadows and trees, pathways, and a *Jizo* garden.

At the present time, the living quarters have been remodeled and updated to comfortably accommodate *sesshin* and *zazen* participants. Handicapped access and accommodations have also been added and plans to build raised gardens and an expanded training hall (*zendo*) are in the works.



**W7762 Falk Rd.
Monroe, Wisconsin
53566**

For directions and more information, please [visit our website](#) or call us at (608) 325-6248