

## ZEN AND POETRY

A weekend of poetry and zazen for those who have either a writing practice and/or a meditation practice.

### WITH EMILY WARN AND JACK DUFFY

At Mountain Lamp in the foothills of Mount Baker

March 06, 2010    Saturday:    9:00 am to 5:00 pm  
March 07, 2010    Sunday:        9:30 am to 1:30 pm

**This retreat will include poetry and writing exercises interspersed with sitting meditation and instruction.**

It will be led by **Emily Warn** whose third book, *Shadow Architect*, was published by Copper Canyon Press. Her essays and poems appear in Poetry, Parabola, The Seattle Times, The Kenyon Review, Blackbird, The Bloomsbury Review and The Writer's Almanac. She is the Webby Award-winning editor for PoetryFoundation.org

**Jack Duffy** is a dharma heir of Robert Aitken Roshi. He has been teaching Zen for over 15 years and is the guiding teacher of Three Treasures Sangha in Seattle, the Zen Group of Spokane, and the Zen Center of the Palouse. He lives at Mountain Lamp, a Lay Buddhist practice center.

**This is a non-residential retreat although you may arrange to camp or stay indoors at Mountain Lamp.**

**MEALS:**            Please bring your lunch for Saturday and Sunday. There will be tea and coffee available. For those staying at Mountain Lamp, there will be a hearty soup in the evening and a simple breakfast in the morning. (Fridge space will be available.)

**RETREAT FEE:**        **General registration:**  
   non-residential: \$150            camping \$175                    shared indoor sleeping \$200  
**Circle of Friends and TTS members:**  
   non-residential: \$125            camping \$150                    shared indoor sleeping \$175

**QUESTIONS:**        Please email Joyce at [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org)  
DIRECTIONS and "WHAT TO BRING" will be sent with your confirmation

**REGISTRATION:**      Space is limited to 15 participants in order of receiving the registration form and deposit of \$100, non-refundable after 2/1. Check and Mail to "Mountain Lamp," PO Box 512, Deming WA 98244

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<b>Name:</b>		
<b>Phone Number:</b>	<b>E-mail:</b>	
<b>Address:</b>		
<b>City:</b>	<b>State/Province:</b>	<b>Zip/Postal Code:</b>
<b>Emergency Contact (Name and phone):</b>		
_____ <b>I would like to camp</b> _____ <b>I would like indoor sleeping</b>		
_____ <b>I have a writing practice</b> _____ <b>I have a meditation practice</b>		
<b>COMMENT</b>		