

# Morgan Bay Zendo - 2010 Summer and Fall Retreats

- Meditation Retreat** – Norman Mrozicki and Charles Guilford  
Friday, May 14, 7 pm to Saturday, May 15, 5 pm.  
Suggested donation \$40. \$ \_\_\_\_\_
- Introduction to Zen Meditation** – Norman Mrozicki  
Sunday, May 23, 1-4 pm. Suggested donation \$10. \$ \_\_\_\_\_
- Zen and Native American Retreat** – Hugh Curran and Gkisedtanamoogk  
Saturday, June 26, 9 am-5 pm. Cost \$60. \$ \_\_\_\_\_
- A Day of Mindfulness for Families** - Nancy Hathaway  
Sunday, June 27, 11 am-3 pm.  
Cost \$45 for adults, \$75 for parenting partners, children free. \$ \_\_\_\_\_
- Two Week Zen Study & Practice Program** - Hugh Curran and Nancy Hathaway  
Cost \$250 per week.  
 First week, July 11 - July 18 (includes **Zen, Yoga & Kirtan** retreat) \$ \_\_\_\_\_  
 Second week, July 18 - July 25 (includes **Studying What It Means to Be Human** retreat) \$ \_\_\_\_\_
- Zen, Yoga, and Kirtan** - Hugh Curran and David Walker  
Friday, July 16, 7 pm to Saturday July 17, 5 pm, Saturday only, July 17, 9 am-5 pm or  
Saturday July 17, 9 am to Sunday July 18 12 noon.  
 Two days \$90 ( Friday and Saturday or  Saturday and Sunday). \$ \_\_\_\_\_  
 Saturday only \$60. \$ \_\_\_\_\_
- Meditation Retreat: Studying What It Means to Be Human** – Nancy Hathaway  
 Saturday, July 24, 9 am-4 pm. Cost \$45. \$ \_\_\_\_\_  
 Sunday, July 25, 9 am-1 pm. Cost \$25. \$ \_\_\_\_\_
- Summer Afternoon “Kwan Seum Bosal Zen Tea”** – Nancy Hathaway  
Wednesday, August 4, 3-5 pm. Cost \$25. \$ \_\_\_\_\_
- Introduction to Zen Meditation** – Norman Mrozicki  
Sunday, August 15, 1-4 pm. Suggested donation \$10. \$ \_\_\_\_\_
- Zen & Franciscan Spirituality** - Rolph Fernandes and Hugh Curran  
Saturday, September 18, 9, 9 am-5 pm. Cost \$60. \$ \_\_\_\_\_
- Zen, Yoga, & Kirtan** - Hugh Curran and John Yasenchak  
Friday, October 1, 7-9 pm to Saturday Oct. 2, 5 pm or  
Saturday only, Oct. 2, 9 am-5 pm.  
Cost \$90, Saturday only \$60. \$ \_\_\_\_\_
- Celtic Zen Retreat** – Hugh Curran  
Saturday, November 6, 9 am-5 pm. Cost \$60. \$ \_\_\_\_\_

(continued)



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Total for Retreats \$ \_\_\_\_\_

Membership \$ \_\_\_\_\_

Donation \$ \_\_\_\_\_

“A Brief History of Moonspring Hermitage” – \$14 plus \$3 S/H \$ \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Telephone (day) \_\_\_\_\_  
(evening) \_\_\_\_\_

E-mail \_\_\_\_\_

Please make checks payable to **Morgan Bay Zendo**.

Mail this registration form to:  
Morgan Bay Zendo,  
532 Morgan Bay Road  
Surry, ME 04684.

For schedule changes and other Zendo information, please check:  
**[www.morganbayzendo.org](http://www.morganbayzendo.org)**.

For further information, please e-mail **[info@morganbayzendo.org](mailto:info@morganbayzendo.org)**  
or contact the retreat leader.

