

# Zen Weekends



**July 17-19 / Oct 16-18**

*Zen Weekend Retreats are open to both beginners and seasoned practitioners. The retreat will include sitting and walking meditation, dharma talks, working meditation, silent meals, as well as one-on-one instruction for individual practice guidance.*

Location: **Mountain Lamp Community  
Deming, WA**

Cost \$110

- \* 10% camping discount
- \* 5% Circle of Friends discount

Please send a \$50 non-refundable deposit at time of registration

**Scholarships available!**

To register visit **mountainlamp.org** or email us at  
**ml-info@mountainlamp.org**

*Jack Duffy*



Jack received permission to teach from Robert Aitken, Roshi in 1992 and was made dharma heir in 1997, one of 5 in North America. He brings his roles as spouse, father and psychotherapist, along with years of endangered species work and wilderness wanderings to his teaching. He is dedicated to the development of Lay Practice in the Pacific Northwest.