



Clarifying the Most Important Point A Morning Meditation Program With Edward Espe Brown



Peaceful Sea Sangha and White Heron Sangha are pleased to co-sponsor Edward Espe Brown for a morning meditation retreat in Morro Bay. Edward leads the Peaceful Sea Sangha in Northern California and has been practicing Zen since 1965. He was ordained as a priest in 1971 by Shunryu Suzuki Roshi, founder of San Francisco Zen Center. He has also done extensive Vipassana practice since 1985.

Edward offers retreats and workshops in the U.S. and internationally on a variety of subjects, including Meditative Touch, cooking, and handwriting change. Edward is an accomplished chef, who wrote the best selling *Tassajara Bread Book*, and co-founded Greens Restaurant in San Francisco.

Enjoy a morning of sitting and walking meditation, warmth and wisdom, dharma talk and discussion with this longtime Zen practitioner. Studying the most important point is to find out what gives meaning, what gives focus to our everyday lives and our practice. Let's practice together and see what we can discover.

Tea and snacks will be provided. Bring a mat and cushion if you want to sit on the floor. Chairs will be available. Beginning and experienced students welcome.

Date: February 20, 2010
Time: 9 am to 1 pm
Place: Morro Bay Veteran's Memorial Building
209 Surf Street, Morro Bay 93442
Cost: \$20 (An additional contribution to Edward to support the teachings also would be appreciated)

To pre-register: please send check to:
Peaceful Sea Sangha
c/o Margaret Bertrand
260 San Jacinto Drive
Los Osos, CA 93402

You may also register at the door prior to the start of the retreat.

Questions: Call Margaret at (805) 528-0704, or email whheron@whiteheronsangha.org