

# Zen Retreat

June 8 to 13, 2012

Teachings by Tenshin Reb Anderson,  
Roshi

At Skeppsudden, near Norrköping,  
Sweden

Come and enjoy Reb Anderson's teachings in this beautiful setting. Skeppsudden, a retreat center by the Baltic sea, makes a supporting environment for stillness and inquiry during this warm, silent and intimate retreat.

**Practicing Compassion before and after Awakening** is the theme of the retreat. The retreat will include silent sitting, standing and walking in stillness, teachings on this way of meditation, and group discussion. There will also be the opportunity for individual interviews with the teacher.

The course language is English.

**REB ANDERSON**, Tenshin Roshi is a lineage-holder in the Soto Zen tradition. Born in Mississippi, he grew up in Minnesota and left advanced study in mathematics and Western psychology to come to Zen Center in 1967. He practiced with Suzuki Roshi, who ordained him as a priest in 1970 and gave him the name Tenshin Zenki ("Naturally Real, The Whole Works"). He received dharma transmission in 1983 and served as abbot of San Francisco Zen Center's three training centers (City Center, Green Gulch Farm and Tassajara Zen Mountain Center) from 1986 to 1995. Tenshin Roshi continues to teach at Zen Center, living with his family at Green Gulch Farm. He is author of "Warm Smiles from Cold Mountains: Dharma Talks on Zen Meditation" and "Being Upright: Zen Meditation and the Bodhisattva Precepts".

The cost of the retreat is 4000SEK for place in double room or shared accommodation, or 3000SEK for camping. There are limited numbers of each accommodation type so we can't guarantee that you will get your choice. The rooms will be distributed according to registration date. A single room can be booked by contacting Claes at Skeppsudden ( [info@skeppsudden.com](mailto:info@skeppsudden.com) ) at an additional cost of 500SKR. . Please book early!

Book your place by contacting Liselotte Aldén on [liselottealden@telia.com](mailto:liselottealden@telia.com) or on +46-498-53905 and pay the deposit of 1000SEK to the attached bank account. Also, if you have any questions please contact Liselotte.

Further information on Reb Anderson can be found at [www.rebanderson.org](http://www.rebanderson.org)

Further information on Zenvägen can be found at [www.zenvagen.se](http://www.zenvagen.se)

Further information on Skeppsudden can be found at [www.skeppsudden.com](http://www.skeppsudden.com)

*Hope to see you at Skeppsudden in the summer!*

**Zenvägen**

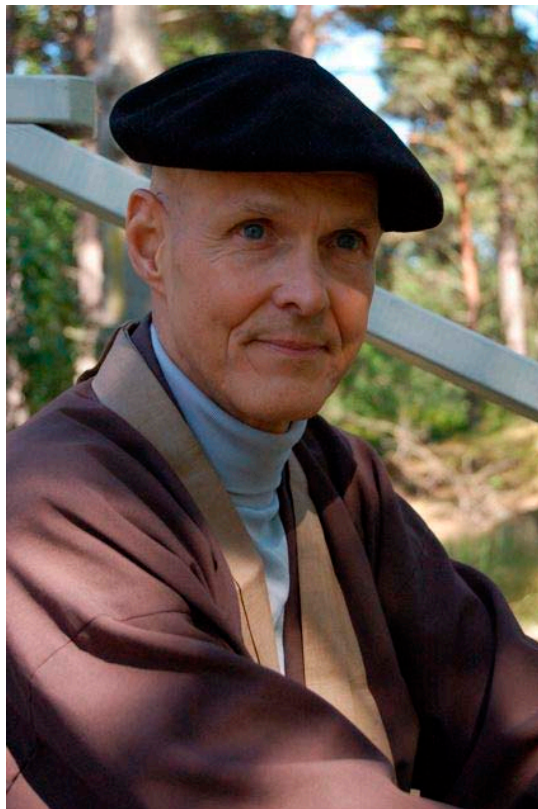


Foto: Ulla Moström

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