

# Dragon Bell Temple

## Soto Zen residential retreats 2024

29<sup>th</sup> May – 2<sup>nd</sup> June

10<sup>th</sup> – 14<sup>th</sup> December

Eden Rise Retreat Venue, Harbeton, Totnes

<https://networkofwellbeing.org/eden-rise/>

Dragon Bell Temple practices in the Soto Zen Buddhist tradition. This retreat will follow a sesshin (intensive meditation retreat), type schedule, with the majority of our time spent centred on seated meditation (zazen). It will be a retreat typical of the Order of Buddhist Contemplatives (OBC) to which Dragon Bell belongs.

There will be regular free time / rest periods built in to the schedule, though it may still be challenging at times, the days will not be as quite as demanding as some zen/meditation retreats.

Some short forms of daily ceremonial practice, including chanting, will be part of the retreat.

### Newcomers to Dragon Bell

This won't be an introductory instruction kind of retreat, though there will be people of varying degrees of experience attending. You will at least need to have had some guidance with just sitting practice, (zazen / shikantaza). You will also have spent some sort of residential retreat time (preferably with a Soto zen sangha), and be at least a little familiar with some aspects of traditional forms of practice. If you think that you understand enough of what it's about and what it will ask of you, then the most important thing is willingness to participate, the rest should take care of itself. If you haven't been to Dragon Bell or any other OBC place, please get in touch with Willard, details below.

We will be preparing, cooking, and cleaning up after our meals, this will be our only working meditation.

Rev. Willard is leading the retreat and he may offer words of teaching at times. To help maintain a reflective focus, the retreat will mostly be held in silence.

It will only possible to join for the whole of a retreat.

You must be aged 18 or over to attend.

Further details will be sent to you after booking.

**The deadlines for bookings will be a month before the start date.**

The May/June retreat will be limited to 13 people, the December retreat, 11.

Once you've asked to attend, you will be on either a confirmed booked list or a waiting list. A questionnaire booking form will be sent to you by email, containing more details about the venue. Please let Willard know as soon as possible if you need to cancel your place.

**The charity, Dragon Bell Temple (reg. Charity number 1142973) is covering the costs of running these retreats, (paying for the hire of Eden Rise and buying in the food). There will be an alms bowl at the retreat if you wish to make a voluntary donation to help cover the costs of your stay and to support Dragon Bell and its future.**

## **To book**

Contact Willard by phone or email:

Mob no. 07342 200 782

Email: [dragonbelltemple@protonmail.com](mailto:dragonbelltemple@protonmail.com)

If you have any questions about any of the above, anything at all about your participation, please ask Willard. If we haven't met each other before, maybe a chat on the phone would be good?

