

Dragon Bell Temple

Soto Zen residential retreats 2024

29th May – 2nd June

10th – 14th 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, typical of the Order of Buddhist Contemplatives (OBC), to which Dragon Bell belongs. The majority of our time will be spent centred on seated meditation (*zazen*).

Newcomers to Dragon Bell

This won't be an introductory retreat, if this would be your first time, please read carefully:

You will at least need to have had some guidance with *'just sitting practice'*, (aka, *zazen / shikantaza*). Ideally you will also have had some sort of residential retreat experience (preferably with a Soto zen sangha), and at least be a little familiar with the forms of practice.

If you think that you might have enough understanding 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. Please get in touch if you have any concerns or questions about possibly attending your first intensive meditation retreat.

If you haven't been to Dragon Bell or any other OBC place and are interested to know more, 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. We'll share the duties between us.

There will be several unscheduled periods each day for individual rest and relaxation.

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.



Rev. Willard Lee is leading the retreat and will be offering words of teaching at times.

The deadline for booking is one 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 the confirmed booked list or can go on a waiting list. If it's your first time, a questionnaire booking form will be sent to you by email, it will have more details about the venue and some questions to help support your attendance.

If you need to cancel your place, please let Willard know as soon as possible.

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

If you have any questions about any of the above, anything at all about your participation, please ask Willard.