

Buddhist Study and Practice Group

One-Day Chan Meditation Retreat with Venerable Chang Wu Fa Shi

Saturday, May 6,
2006

9:00 a.m.-4:00 p.m.

Room 101

Wang Center



An opportunity for serious practitioners to sustain their practice and receive guidance from a Buddhist monastic. This retreat is open to people who already have an established meditation practice.

- ✿ sitting meditation ✿ walking meditation
- ✿ relaxation ✿ standing and sitting exercises
- ✿ bring your own lunch and water
- ✿ \$20 donation suggested

Please wear comfortable clothing

Chang Wu Fa Shi is a teacher of Chan Buddhism and a resident nun at the Chan Meditation Center, Elmhurst, NY, a branch of the Dharma Drum Mountain organization founded by Chan Master Sheng Yen. Before entering monastic life in 2000, Chang Wu Fa Shi was a professional holding an MBA. She received full ordination in 2003. Her current responsibilities at the Chan Meditation Center are Development of Outreach, Dharma Drum Publishing, and Dharma Drum for Young People.

For campus directions, please visit: <http://ws.cc.sunysb.edu/doit/maps.html>

Presented by Buddhist Studies and Practice Group, SBU
and the Charles B. Wang Center <http://www.stonybrook.edu/wang>
<http://groups.yahoo.com/group/bspq-sbu>

