



**FOR IMMEDIATE RELEASE**  
**Saturday, January 5, 2008**

## **UPAYA ZEN CENTER AND INSTITUTE 2008 SCHEDULE**

*Santa Fe, New Mexico*—The Upaya Zen Center 2008 national and international programs come alive at Upaya's beautiful Santa Fe campus, in the Prajna Mountain Forest Refuge nestled beneath New Mexico's Truchas Peaks, and in China, Japan, Mongolia and Nepal. The Upaya Zen Center offers practices and teachings related to Zen Buddhism and on how the modern person can live in the world responsibly with kindness, compassion and wisdom.



Upaya's mission is to support a sincere and dedicated practice community to serve others by providing training, service, and programs for social and individual transformation. The Upaya offers:

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- Daily meditation practice, 7 to 8 a.m. and 5:30 to 6:30 p.m. Free and open to the public.
- Dharma talks every Wednesday at 5:30 p.m. Free and open to the public.
- A mature and harmonious residential community of service
- International travel and service programs in Asia
- A dynamic practice and training program in the dharma and social action
- A unique program for the training of priests and successors
- A place of rich dharma teachings given by renowned teachers
- Social action programs in the areas of dying, prison work and the environment
- A unique Prajna Mountain Forest Refuge environmental program

*Upaya is one of the most elegant and beautiful places – bar none (I've been around) with the best atmosphere due to the demeanor and warm-hearted staff and resident population.*

*This Center is a true gem; the high aesthetic level that has been achieved here and the community, cleanliness, order make this a place I hope to return to as often as possible.*

*The environment, ritual, prayers, chanting, zendo, grounds, food and teaching were all outstanding.*

*I wanted to note the caring and helpful staff and residents feel like old friends; they were all fabulous. The meditation instruction was helpful and well presented.*

Comments from Upaya Zen Center practitioners

Select Events from the 2008 Upaya Calendar

Registration online at [www.upaya.org](http://www.upaya.org) and by phone (505) 986-8518.

**January 16- 20, 2008**

**ZEN BRAIN, SELFLESS INSIGHT**

Instructors: James Austin, M.D., Roshi Joan Halifax, Al Kaszniak, Ph.D., Neil Theise, M.D., Jason Buhle  
Scientific interest in the relationships between Buddhism and neuroscience has dramatically increased, accompanied by the publication of both theoretical proposals and new laboratory investigations relating Buddhist practice to the brain. Tuition \$480; \$440 (members.)

**February 1-3, 2008**

**CALLIGRAPHY IN LIVING COLOR**

Instructor: Sensei Kazuaki Tanahashi

This workshop offers training in classical and free Zen calligraphy in living color. Using color media, the process of creativity is nourished by reproducing ideograms from ancient Chinese and Japanese masterpieces. For beginners and seasoned artists. Sensei Kazuaki Tanahashi is a master calligrapher, Dogen scholar, and social activist.

Tuition: \$240.00; \$220 (members)



**March 7-9, 2008**

**FUNDRAISING FROM THE HEART**

Instructor: Lynne Twist

This workshop, taught by one of the leading experts on philanthropy, equips non-profit leaders with the skills needed to transform fund development efforts. Tailor-made for small non-profits, it focuses on donor development, annual campaigns, and fundraising in general. Twist, founder of The Soul of Money ([www.soulofmoney.org](http://www.soulofmoney.org)), will present the sacred art and science of fundraising and help develop a new ability to raise funds from and for the heart of each participants organization's mission. Lynne Twist believes that fundraising is an opportunity to deepen one's own principles and strengthen the integrity of one's organization. Intended for guests affiliated with a non-profit organization. There is time for dialogue and conviviality. *Fundraising from the Heart* is generously supported by an anonymous donor. Upaya offers this workshop at a reduced fee.



Tuition \$270.00

Complete 2008 Upaya Calendar

**January 4 – February 3** WINTER PRACTICE PERIOD: *Exploring the Science & Art of Zen*

**January 4 -13** THE ESSENCE OF ZEN: *Silent Illumination*

**January 16-20** ZEN BRAIN, SELFLESS INSIGHT

**January 25 – 31** WINTER SESSHIN: *Dogen's Perspective on Enlightenment*

**February 1 – 3** CALLIGRAPHY IN LIVING COLOR

**February 9** LIVING WITH ILLNESS: *The Nature of Change & Transformation*

**February 16 ZAZENKAI**

Instructors: Beate Seishin Stolte, Jean Wilkins

A day-long silent meditation retreat provides the experience of deep periods of uninterrupted meditation. Interviews with the teachers. Tuition \$35.00 includes organic vegetarian meals.



**February 21 – 24 THE NATURE OF COUNCIL**

**March 7 -9 FUNDRAISING FROM THE HEART** with Lynn Twist

**March 11 -12 THE NON-DUAL DIMENSION OF LIFE**

**April 4 -10 INTRODUCTION TO CHAPLAINCY PRACTICE & BECOMING A BUDDHIST**

**April 5 ZAZENKAI**

**April 10 – 13 THINKING LIKE A SYSTEM: *How to Intervene in a System for Social Change***

**April 25 – May 2 BEING WITH DYING:**

*Professional Training Program on Compassionate End-of-Life-Care*

**May 5 – 11 MOUNTAIN & MONASTERY SESSHIN**

**May 22 – 25 LIBERATION THROUGH YOGA & BUDDHISM**

**June 26 – July 6 WILDERNESS FAST & COMPASSIONATE ACTION**

**July 10 – 13 COMPASSION & WISDOM AT THE END OF LIFE:**

**July 16 – 20 IN THE SHELTER OF EACH OTHER WOMEN'S RETREAT:**

*Power, Compassion, Resilience, & the Shadow*

*With Roshi Joan Halifax, Zen teacher; Mayumi Oda, social activist and artist; Zuleikha, composer and dancer; Mother Tessa, author, and co-founder of The Desert Foundation; Cynthia West, poet and painter; Diane Haug, practitioner of Holotropic Breathwork; Rabbi Malka Drucker, author, founder of HaMakom; Barbara Tedlock, anthropologist, specialist in Mayan shamanism; Colleen Kelly, painter, environmentalist, Claudia Luisi-Flueckiger, therapist. This annual ecumenical gathering for women explores compassion and resilience with teachings, meditation, talks, council, the arts, yoga, healthy diet, and physical practice.*

Tuition: \$550; (\$500 members)

**August 6 – September 7 SUMMER PRACTICE PERIOD: *Essence of Engaged Buddhism***

**August 6 – 10 ENGAGED BUDDHISM RETREAT:**

**August 12 – 15 THE HEART OF THE PRECEPTS**

**August 15 – 17 INNER CITY MINISTRY: *The Path through Homelessness & Poverty***

**August 20-26 NATURE OF ALL THINGS: *Forest Refuge Retreat***

**August 29-September 4 SESSHIN: *Dogen's Koans for Social Action***

**September 5-7 BREAKTHROUGH WITH THE BRUSH: Art & Social Action**



**September 27 ZAZENKAI**

**September 28 LIVING WITH ILLNESS: *The Nature of Change &***

**October 1-5 PRESENCE & COMPASSION: *Contemplative End-of-Life Care***

**October 12 ZAZENKAI**

**October 24 -November 9 FALL PRACTICE PERIOD: *Exploring Resilience & the Compassionate Life***

**October 24 -30 SESSHIN: To Study the Mind**

**October 31-November 2 SAILING HOME: *Using the Wisdom of Homer's Odyssey to Navigate your Spiritual Journey***

**November 4 -6 POLITICS & COMPASSION ELECTION RETREAT: *Buddhists Perspectives on Democracy & the Environment***

**November 7 -9 COMPASSION AND RESILIENCE: *Transforming Secondary Trauma & Compassion Fatigue***

**December 1-January 1, 2009 DEEP WINTER MEDITATION**

**December 1 -8 ROHATSU SESSHIN: *Exploring Wisdom and Stupidity***

**2008 Upava Institute and Zen Center International Program**

**March 14 – 30 FOOTSTEPS OF DOGEN: *China and Japan***

Participants will enjoy a rare pilgrimage to the main places in China and Japan associated with Zen Master Dogen's (1200-1253) birth, practice, realization, and death. Dogen was the founder of the Sōtō school of Zen in Japan. Highlights include the gorgeous island of Putoshan; Tiantong Monastery; Huangzho, the ancient capital of Kyoto, Mt. Hiei Kennin-ji, and Kosho-ji. This journey includes Dogen studies led by renowned translator and calligrapher Kazuaki Tanahashi, practice with Roshi Joan, and exploration of the sacred sites associated with Zen Master Dogen. Lodging will be in a simple style in monasteries and temple inns.



**July 14 – August 4 JOURNEY TO MONGOLIA .**

With Anthropologist Carroll Dunham and Photographer Thomas Kelly.

Monasteries and nomads, horses and yurts, wide deep green grasslands and mountains, lakes and deep quiet: Mongolia, a frontier of the heart, a place for practice and renewal. To and from the a Mongolian camp in the Bunkhan- a 3,000 year old charnel ground beside the curvaceous indigo Tamir River, with the Mt. Bulgan looming above it, participants visit some of the most extraordinary Buddhist monasteries in Mongolia.

**August 7– 26 KAZAKH/ALTAI MOUNTAINS: *Western Mongolia Horse Trip* •**

**October 10 – 31 MANI RIMDU FESTIVAL IN NEPAL**

Information on all personal retreats and international programs available online at [www.upava.org](http://www.upava.org) and by phone (505) 986-8518.

## Meditation and Dharma Talk Schedule

The public is welcome to join the Upaya for meditation everyday, 7 to 8am and 5:30 to 6:30pm. In addition, the Upaya offers Dharma talks every Wednesday at 5:30 p.m.

For a complete listings of all of Upaya programs and events, please visit [www.upaya.org](http://www.upaya.org). There are schedule changes during retreats so it is important to check the website.



The Upaya addresses many different areas of life, including deep contemplation, work with dying people, a revolutionary chaplaincy program based in systems theory, the arts, women's studies, and much more

Upaya Zen Center  
1404 Cerro Gordo Road  
Santa Fe, New Mexico 87501  
505-986-8518; [Upaya@upaya.org](mailto:Upaya@upaya.org)  
[www.upaya.org](http://www.upaya.org)

## IMAGES AVAILABLE UPON REQUEST

Contact:

MARSHALL PLAN

Jennifer Marshall  
505-231-1776,  
[jennifer@jmarshallplan.com](mailto:jennifer@jmarshallplan.com)  
[www.marshallplan.com](http://www.marshallplan.com)