



FOR IMMEDIATE RELEASE

Tuesday, June 3, 2008

UPAYA WOMEN'S RETREAT WITH SPECIAL GUEST JANE FONDA

Santa Fe, New Mexico— Upaya Zen Center is hosting “In the Shelter of Each Other Women’s Retreat: Power, Compassion, Resilience and the Shadow” July 16-20, 2008.

This event is a gathering of dedicated and gifted women leaders, teachers and artists who explore how to bring their lives of service to the world in relation to spiritual practice and creativity. The theme of this year’s retreat focuses on the issue of power and how it is acted out on the world stage in challenging ways. The teachers will look at power and its shadow, and explore how to foster greater compassion, resilience and fearlessness in the world today.

The instructors are Roshi Joan Halifax, Zen teacher; Jane Fonda, social activist and actress; Mayumi Oda, social activist and artist; Zuleikha, dancer; Tessa Bielicki, co-founder of The Desert Foundation; Cynthia West, poet; Rabbi Malka Drucker, founder of HaMakom; Barbara Tedlock, specialist in Mayan shamanism; Colleen Kelly, I Ching teacher; Marty Peale, field naturalist; Beate Stolte, vice abbot, Upaya Zen Center; Jean Wilkins, Yushin Hieleman and Jisen McFarland, Upaya Zen priests.



“We are so grateful that our good friend Jane Fonda will be doing a special session on power, spirituality, and women,” says Roshi Joan Halifax, founder of Upaya. “Jane, like many of us, has dedicated her life to social action and transformation. Her presence invites us to recognize the imperative of compassionate action, here and now!”

As Aung San Suu Kyi says: “The only real prison is fear, and the only real freedom is freedom from fear.” Fonda and the core of powerful women will look at the pathways to bring forth genuine compassion and peace.

This extraordinary program is a time of renewal, practice and deep exploration. Upaya provides all art materials, delicious organic food and a wonderful faculty and retreat program. Asian/Southwestern style lodging is available with rooms varying from monks' rooms to doubles and dorms.

Upaya welcomes and encourages guests to come early or stay longer for personal retreat time following the workshop.

“IN THE SHELTER OF EACH OTHER WOMEN’S RETREAT” SCHEDULE

Wednesday, July 16

5:30 p.m. Public talk exploring women, power and fearlessness with Roshi Joan and others. Wayring Temple.
7:30 p.m. The Santa Fe Zikr group with Zuleikha leads the evening with Roshi, Cynthia West and faculty.

Thursday, July 17

Morning: Participants will begin the day with movement practice led by Zuleikha. This will be followed by teachings on aspects of female power by Jane Fonda, Rabbi Malka Drucker and Roshi Joan.

Afternoon: Participants move into two groups: Barbara Tedlock (Mayan shamanism and power); Tessa Bielecki, Jean Wilkins (Christianity, Buddhism, women and power).

Evening: Colleen Kelly explores the I Ching.

Roshi Joan weaves the day.

Friday, July 18

Morning: Participants will begin with movement practice with Mayumi leading yoga focusing on strengthening and resilience, followed by social action, women and the arts.

Afternoon: Zuleikha explores power in the body; Upaya’s women priests explore issues of spirituality, women and power.

Evening.: Shabbat with Rabbi Malka Drucker.

Roshi weaves the day and explores the shadow of power.

Saturday, July 19

Morning and afternoon: Travel to the gorgeous flower-filled forests and meadows of Upaya’s Prajna Mountain Forest Refuge in the Sangre de Cristo Mountains. The group will dedicate Mayumi’s Green Tara painting.

Green Tara is known as the feminine Deity of Enlightened Activity. While at the Refuge, field naturalist Marty Peale will discuss her perspectives on living systems.

Evening: Concert by Zuleikha.

Sunday, July 20

After morning meditation and breakfast, Tessa offers a Christian service for women on spirituality and engagement with the world. Then, with Roshi leading, all women come together to explore and voice how they will actualize vows in their lives for transforming this world.

1 p.m. Lunch.

WHERE: Upaya Zen Center, 1404 Cerro Gordo Road, Santa Fe, New Mexico 87501

COST: \$450/\$400 (Members)

INFO: www.upaya.org. 505-986-8518; Upaya@upaya.org

IMAGES AVAILABLE UPON REQUEST

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