

ZEN MEDITATION & DRUMMING RETREAT

Dharma-Drum

Falling Leaves Autumn Retreat

A weekend of peaceful repose in meditation, drumming, chanting and nature.



Friday October 9 to Sunday October 11

**Cedar Cliff Retreat Center on the North Shore of Lake Superior
Led by Marc Anderson**

In silence we hear and feel the limitless depth of our true nature. In drumming we feel infinite power in connection to the source. In chanting we empty our hearts and are filled by the breath of creation, and in natural beauty we are reborn to the wonder of our transient lives. Together we share the joy of this very moment.

This retreat is suited for people at any experience level with meditation or drumming. The weekend's events will include instruction and guidance in both. You may bring a drum if you have one, otherwise instruments will be provided.

Fee \$165, which includes lodging in a beautiful grand home on the lake and 6 well prepared vegetarian meals. A donation of \$30 to \$60 for the retreat leader is suggested.

Reverend Raisei Marc Anderson is an internationally recognized musician and composer, an ordained Zen priest and an adjunct professor in the Anthropology Department of Hamline University. He has appeared on over 200 recordings and has performed in concerts all over the world. He lectures and offers classes and workshops on a variety of topics in the realms of world music, drumming, Buddhism, spiritual life and community.

**For more information:
marc.fathands@gmail.com or 651-645-1496**