

Generously supported by The Hemera Foundation

A Restorative Zen Meditation Retreat for Earth Activists at Green Gulch Farm

July 7 - 13, 2023

Green Gulch Farm, near Muir Beach, CA

for committed environmental activists ready to develop or deepen a meditation practice



Green Gulch Farm Zen Center is a Zen Buddhist practice center and organic farm located in the Marin Headlands, north of San Francisco. Surrounded by the Golden Gate National Recreation Area, trails into the coastal mountains and down to the beach are rich in wildflowers, birds, and other wildlife. Supported by having no cell phone and internet access, overworked Earth activists will have a rare opportunity to unplug and slow down.

The program: The six-day intensive program is designed to help activists develop and deepen a meditation practice and build a supportive community. This is not a silent retreat; group activities will be a significant part of how we engage. Retreat participants will meditate and engage with Zen ceremonies; develop supportive connections with other Earth activists; gain tools for caring for and transforming grief and suffering; rest, refresh, and play together; receive nurturance from the Earth through hiking and other activities; and set personal intentions for continuing their practice post-retreat. Accommodations will be shared.

Offered by donation: To make the retreat financially accessible, prior to the retreat participants and/or their organizations will be encouraged to donate to offset costs, based on relative financial capacities. No one will be turned away due to cost.

The commitment: Participants agree to commit to a brief period of meditation each day during the week before the retreat; sobriety the week before and the week of the retreat; reading a book from a recommended list prior to the retreat; and following the retreat schedule completely, including sitting meditation daily.

The facilitators: Dojin Sarah Emerson is a Zen Priest at Brooklyn Zen Center. She received Dharma Transmission from Abbott Konjin Gaelyn Godwin of the Houston Zen Center in 2015. She has a Masters Degree in Counseling Psychology, and has worked in the fields of mental health and pastoral care. She experiences Bodhisattva Zen practice as uniquely supportive of inquiring into, challenging, and transforming systems of oppression, particularly racial inequities and the harm they cause.

Katy Dion an is an eco-chaplain, mindfulness-based life coach and facilitator, and the author of works of fiction and memoir. She was lay ordained by Tenshin Reb Anderson of SFZC in 2018. She has received training from the Sati Center for Buddhist Studies, Fierce Allies, The Healing and Reconciliation Institute, and Non-Violent Communication practitioners. She helps changemakers integrate mindfulness into daily life, where she centers compassion and the role of justice and equity in our collective wellness.

Tim Ream has been an environmental activist and Zen student for over 30 years. He has worked for the Earth as an environmental attorney, a direct-action activist, and many roles in between. Extended periods of residential practice have been interwoven with his decades of activism. He works now to bring activists to practice and activism to practitioners.

To apply: Apply [here](#). Selected applicants will be notified on a rolling basis; applying soon is highly recommended. More information about Green Gulch can be found [here](#). Questions can be emailed to timream@gmail.com.

