



About the Facilitator

Bussho Lahn is a Spiritual Director and a fully ordained Soto Zen Buddhist priest. He is also a teacher and retreat leader at the Episcopal House of Prayer in Collegeville, MN.

He is grounded in contemplative spirituality and interfaith dialogue, and is experienced in retreat facilitation.

He has taught meditation at Minnesota Zen Meditation Center for many years and is office manager of the Aslan Institute.

For more information, or for the current schedule of Aslan meditation offerings, please contact Bussho or visit the Aslan website calendar:

bussholahn@gmail.com
(612) 871-5631

www.AslanInst.com



Sample Retreat Schedule

- 7:30 Welcome / orientation
- 7:55 Meditation instruction
- 8:35 Walking
- 8:45 Sitting
- 9:05 Break
- 9:15 Sitting
- 9:35 Walking
- 9:45 Teaching, Q & A
- 10:30 Break
- 10:50 Sitting
- 11:10 Walking
- 11:20 Sitting
- 11:45 Lunch
- 12:35 Sitting
- 12:55 Walking
- 1:05 Sitting
- 1:30 Closing tea / discussion

Meditation Retreats at Aslan

*Come abide in
silence....*



Half-day
silent
meditation
retreats



Give yourself the gift of stillness in community and join us for simple, elegant, informal Zen meditation practice.

Our Half-day Meditation Retreats feature periods of sitting and walking meditation, an instructional, supportive teaching (dharma talk) and discussion about meditation and contemplative spiritual practice. We also offer the option to meet one-on-one with an experienced meditation teacher for support and guidance.

Half-day retreats are offered bi-monthly. Check website calendar for days & times.

All are welcome to these brief immersions in a meditative setting. Those with meditation and retreat experience will testify to the power of silence and stillness to help quiet the mind and open the heart. Time is allowed at the beginning and end of our meditation offerings for questions and discussion. To be comfortable, wear comfortable, loose-fitting clothes. Tea is always provided.

No previous meditation experience required; meditators of all levels and all faith traditions are invited. Beginners are especially encouraged to attend!

Check the Aslan website Events Calendar regularly for schedule updates.

For more information, please contact Bussho:

bussholahn@gmail.com or (612) 871-5631

Half-day meditation retreats

***Bi-monthly at Aslan;
Check website calendar for details***

“When the sun first comes up and shines on you, your shadow is big behind you. But as you continue to sit, your shadow gets smaller and smaller, until finally it’s just Buddha sitting there. You sit on your black cushion, and your mind and body rhythms become slower and slower, quieter and quieter. You begin to be aware of the One Great Thing. Everything is simple and direct, and there is much more space from which to live.”

-Jakusho Kwong Roshi