



*Wonderful  
Sitting:  
Serene Reflection  
Meditation*

**Advanced Retreat  
led by  
Rev. Master Ekō Little,  
Abbot of Shasta Abbey**

**June 19<sup>th</sup> to 26<sup>th</sup>, 2005**

Rev. Master Ekō will conduct this intensive retreat, providing seven days of Meditation and Teaching. Rev. Master will offer an in-depth exploration of the practice of Serene Reflection Meditation as taught by the Masters of our tradition in formal Dharma talks each day, as well as in evening Dharma discussions. Participants will also be invited to see Rev. Master for private formal religious counseling during this retreat. All those who have taken the Buddhist Precepts are invited to apply. Please contact the Guestmaster for further information (at 530-926-4208 or at [guestmaster@shastaabbey.org](mailto:guestmaster@shastaabbey.org)).