



**Silent Zen Retreat  
with Guiding Teacher  
Maria Reis Habito  
April 27-May 1, 2022**

**Sacred Waters Retreat Center  
16990 Douglas Road, Mishawaka, IN 46545  
<http://sacredwaterscenter.org/>**

*The Sophia Zen Center of South Bend looks forward to the return of our teacher Maria Reis Habito who has been guiding our zen practice and five-day Sesshins since 2010. Maria is a teacher at the Maria Kannon Zen Center in Dallas, Texas. She began formal Zen practice in 1982 with Fr. Hugo Enomiya Lassalle, with Yamada Koun in 1987, and with Ruben Habito since 1990. She was appointed assistant teacher in 2008 and full teacher in 2012 by Yamada Ryouin. Maria is the International Program Director of the Museum of World Religions in Taipei and the personal translator of Dharma Master Hsin Tao for his writings and Zen courses held in Europe and Taiwan.*

*Sesshin literally means "touching the heart-mind", encountering the core of our being. The silent retreat is structured around periods of sitting and walking meditation.*

**Schedule**

*Wednesday April 27*

5:00 PM, check-in, set-up  
5:30-6:30, light supper  
6:45-7:15, orientation  
7:30-9:00, meditation & chants

*Daily*

Zazen, Teisho, Chants, & Dokusan  
(dokusan = private consultation)

*Sunday May 1*

12:00 noon, lunch & pack-up

**COVID-19 protocols:** masks optional

**Fee: \$250**

*Lunches and Dinners by NOURISH: Natural Nutrition for Your Life (Lori Fozo, Certified Nutrition Consultant).*

*A food dana sign-up sheet for some non-catered meal items will be sent to confirmed registrants.*

**Accommodations:**

*You may commute from home each day. Limited sleeping space is available at Sacred Waters at a rate of \$20/night (bed) or \$10/night (floor). Contact Joyce Hug at [jhug@michiana.org](mailto:jhug@michiana.org).*

**Registration and payment deadline: Monday April 4, 2022**

*There are limited funds for need-based scholarships. Inquire directly with the Finance Committee Chair, John Petersen, at [john@family-psychology.com](mailto:john@family-psychology.com) or 574.309.8370*

---

**-Register using online form at <https://forms.gle/hUtjpZSd2yUXM9zr9>  
(Click link in .pdf file or in e-mail)**

Space is limited. Priority will be given to regular Sophia Zen Center practitioners and students of Maria

Place checks payable to "Sophia Zen Center" in the Dana Box at the Zendo or mail to:  
Sophia Zen Center, Attn. Spring Sesshin, 115 S. Saint Peter St., South Bend, IN 46617

Contact for questions: 574.274.0794 (Doug)