



## YARRAWARRA WEEKEND ZEN RETREAT:

### *“THE GREAT MATTER OF LIFE AND DEATH”*

WITH ZEN TEACHER DR ANDREW TOOTELL.

**DATE AND TIME:** COMMENCING 4 PM FRIDAY  
10 MAY, AND ENDING 4 PM SUNDAY, 12 MAY

LOCATION: YARRAWARRA ABORIGINAL CULTURAL CENTRE  
69 RED ROCK ROAD, CORINDI BEACH.

**COST: \$240 FOR THE WEEKEND (INCLUDES  
ACCOMMODATION AND FOOD).**

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NOTE: THIS FEE ONLY COVERS THE VENUE COST AND CATERING. ANDREW  
OFFERS THE BUDDHA DHARMA WITHOUT ANY SET FEE. AT THE END OF THE  
RETREAT THERE WILL BE AN OPPORTUNITY TO OFFER DANA IN APPRECIATION  
FOR THE TEACHINGS.

RSVP: ANDREW TOOTELL 0428 684 446 OR  
ATOOTELL@GMAIL.COM

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*Let me respectfully remind you  
Life and death are of supreme importance –  
Time passes swiftly, and opportunity is lost –  
Let us awaken –  
awaken . . .  
Take heed: Do not squander your life.*

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This residential weekend retreat, led by Zen teacher Andrew Tootell, will be exploring what is referred to in Zen Buddhism as “the great matter”. It will include periods of guided and silent meditations; dharma talks and discussion; and opportunities for private interviews with the teacher. The great outdoors will also be available for solo meditative walks and silent contemplation of nature. Following tradition, this retreat will be conducted in silence apart from individual interviews and group discussions.

Chairs and cushions are provided. Feel free to bring your own cushions for support if sitting on a chair.

Andrew is a Mental Health Social Worker/ Psychotherapist in private practice in Bellingham and Macksville. Andrew was encouraged to begin teaching by Barry Magid, a Teacher in the Ordinary Mind Zen School lineage founded by Charlotte Joko Beck. This lineage goes all the way back to the Japanese Zen Master Dogen Zenji (1200-1253AD) who was the founder of the Soto Zen tradition, through to Bodhidharma and Shakymuni Buddha.