



# “The Zen of Writing & Cooking”

## Crestone Mountain Zen Center Women’s Retreat with Sandra Dorr & yoga teacher Susan Crosby Oct. 11-14, 2018

Come to a fall retreat in a Buddhist temple, a well of quiet in a renowned mountain sangha that stills the mind and leads to deep, magical work and much laughter.

The center is known for its organic gardens and exquisite vegetarian cuisine, created by a monk who co-founded “The Greens” restaurant in S.F. CMZC chef Deborah will teach us Zen practices of mindful eating in an oryoki (“just enough”) meal and, optionally, cooking lessons for two of our marvelous dinners.

All levels of writers, artists and yoga practitioners welcome. **Morning** group sessions with Sandy, with exercises, optional read-arounds and discovering what moves you in your own work and others. **Afternoons** to learn cuisine, work, have an individual conference, rest or explore 80 acres of monastery land, at 8400 feet in the Sangre de Cristo Mountains. **Late afternoon nurturing yoga** with Susan, and **evenings** to share work, meditate, or simply walk the paths of Crestone. Concluding dharma talk.

For photos, story & female symbols of a previous CMZC retreat, see [sandradorr.blogspot.com](http://sandradorr.blogspot.com)

**Cost** (full retreat, lodging, meals): **\$485 (\$375 commuters)**. Payment plans. Three spaces left. Cooking lessons!! limited to six people per session, \$20 per lesson. Contact Sandy at (970) 433-6800 or [sandydorr@bresnan.net](mailto:sandydorr@bresnan.net). Namaste.



SANDRA DORR, author of two books of prose and one of poetry, [Desert Water](#), recently completed a full-length book of stories and poems about hospice, [This Body of Light](#), forthcoming from Hope West Press. She founded the Western Colorado Writers’ Forum, and has taught writers in Oregon and Colorado universities, and held women’s retreats in the West, for two decades. SUSAN CROSBY has taught yoga also for two decades, and founded and teaches a yoga class for pain management at the V.A, where she works as an O.T. (CMZC photos)