



# Practice Calendar 2026

## That Which You Are Seeking Is Causing You to Seek

Dates: January 3rd - 4th

By donation

*Do not look for water, thirst.*

*Then water will find you.*

- Rumi



We kick off a New Year of Practice with a Practice Weekend, a time to gather as Sangha and contemplate the transformation that results from a sincere practice of Awareness. This will be an occasion to reflect on how a focus on seeking keeps us from finding what we seek, how longing gets in the way of having, how effort-ing interferes with a relaxed receptivity to Grace.

This weekend is based on the book *That Which You Are Seeking Is Causing You to Seek*, which is required reading. Now available as an ebook.



## Beginner's Mind

Cost: \$500 (quarterly payment plan available)

Dates: January 11th - November 15th

*In the beginner's mind there is no thought, "I have attained something." All self-centered thoughts limit our vast mind. When we have no thought of achievement, no thought of self, we are true beginners. Then we can really learn something.*

- Shunryu Suzuki

Practice has a unique vocabulary, terms such as directing attention, attention on Awareness, projection, beliefs and assumptions, process mapping, working meditation, centering, mentoring, karmic conditioning, just noticing, R/Ling, interviewing and many more. Many of us have never been formally introduced to these practices and have only by osmosis absorbed what is being pointed at by these terms.

If you are new to Practice, or have been around for some time yet wish you had a firmer grasp of some foundational principles, this yearlong retreat is for you. This would also be a good introduction for people in your life who might be curious but insecure about jumping in.

### **Module 1: Directing Attention: two Sunday workshops. January 18 - 25**

Participants will be invited to sign up for the Practice Reminder offering with specific instructions on how to practice with these calls to direct attention. We will process the practice of directing attention on the two Sunday calls, January 18 and 25.

### **Module 2: Ten Sunday Workshops**

We will meet for ten Sunday workshops for two hours each (10.00 a.m. – noon Pacific) and explore a specific Practice topic. Workshop dates: February 8, March 8, April 12, May 10, June 7, July 12, August 9, September 13, October 11, November 15.

### **Risk Getting Unstuck: A Socratic Email Class with Cheri**

**Dates: January 30th – February 20th**

**Cost: minimum donation of \$50**

*Most of us do not take difficult situations as teachings. We automatically hate them. We run like crazy. We use all kinds of ways to escape—all addictions stem from this moment when we meet our edge and we just can't stand it. We feel we have to soften it, pad it with something, and we become addicted to whatever it is that seems to ease the pain.*

- Pema Chodron



A Socratic email class is a specific form of guidance. *Participants ask the Guide for help with their particular content or process.* The ensuing dialogue assists to clarify the conditioned orientation that is holding in place the “problem/suffering.”

As we kick off another practice year, EVERYONE in Practice is invited to write in about a place where they feel “stuck.” The Guide will respond to each person over the course of three weeks. All responses will be posted so that everyone gets to benefit from both the questions being posed and the answers from the Guide.

And since we are people of Zen, we will see how it goes. Based on how many people participate, a second round of submissions and responses may be possible!



## **Yearlong Retreat**

**March 16th – December 11<sup>th</sup>**

**Cost: \$600 (quarterly payment plans available)**

*In Zen there must be satori; there must be a general mental upheaval which destroys the old accumulations of intellection and lays down the foundation for a new life; there must be the awakening of a new sense which will review the old things from a hitherto undreamed-of angle of observation.*

- D.T. Suzuki

Now in its tenth year, this signature retreat is a container of awareness that has allowed this Sangha to awaken to an undreamed-of angle of observation. The magical transformation that happens within a yearlong theme, explored through a daily practice, with all of Sangha gathering to share insights and receive guidance, has been truly life-changing.

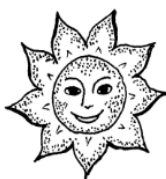
Stay tuned for this year's focus!

## **Special Mention**

### **Vallombrosa Retreat**

**Dates: July 18th – 23rd**

**Cost: \$1,025**



*A circle of lovely, quiet people becomes the ring on my finger.*

- Rumi

Gathering in person as Sangha to practice in the intimacy of the privileged environment is a special experience not to be missed. Add in a beautiful setting, summer skies, meditation, yoga, workshops, guidance with Cheri, and good food and even the voices cannot come up with a good enough reason not to go on retreat!

**Note:** The cost of the retreat this year is more because Vallombrosa increased its prices. Please note that spaces are limited.



**There Is Nothing Wrong With You retreat**  
**Seabeck, Washington**  
**Dates: August 26 – September 2**  
**Cost: TBA**

*There is nothing more important than compassion.*

— Cheri Huber

This powerful retreat, based on the book of the same name by Cheri Huber, reveals the foundation of the practice of going beyond self-hate. The summer 2026 session returns to the beautiful Seabeck Conference Center in Silverdale, WA.

At this retreat we look directly at how we are rejected and punished by the voices of self-hate and discover how to let that go. Through a variety of exercises and periods of group processing, participants gain a clearer perspective on how they live their lives and how to find compassion for themselves and others.

This work is challenging, joyous, fulfilling, scary, courageous, demanding, freeing, loving, kind, and compassionate—compassionate toward yourself and everyone you will ever know.

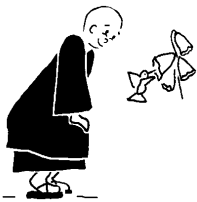
This retreat is by application only.

## **Zen at Home: A Guide to Compassionate Living**

### **A newsletter**

*All we have to do is to wake up and change.*

- Greta Thunberg



Many of you express interest in bringing the daily-living practices of the Monastery into the home. “Zen at Home: A Guide to Compassionate Living” will share resources and practices for living more mindfully and sustainably. Examples of topics we will explore range from how to care for our homes, tend to our gardens, care for our pets, cook, travel, and even rest. Each choice—such as reusing what can be reused or choosing products that honor the Earth—blooms into an expression of love and compassion.

This offering will launch as a weekly newsletter and offer tips, product resources, and practical information curated by Sangha.

## Farm Stewardship

*To forget how to dig the earth and to tend the soil is to forget ourselves.*

- Mahatma Gandhi

A period of time at A Long View Farm is an invitation to find ourselves by restoring a connection to earth, sky, wind, water and plants. This year's stewardship program is a little bit different from previous years. Rather than be on a private retreat in the beauty of the Farm, which includes periods of working meditation, this program is inviting "farm hands" from Sangha who wish to participate and learn the practices of regenerative farming. There will be time to meditate, go for walks, cook good food and R/L, but the practice focus is to reconnect with the miracles of Nature; get your hands dirty; commune with seeds, soil and compost; and provide assistance with the many tasks of farming.



This program is by application only and requires participants to be physically fit. Since space on the farm is limited, participants may be required to find their own lodging.

### **Tree Planting: February 20<sup>th</sup> - March 8<sup>th</sup>**

Over 200 baby trees will need to find their way to growing spaces around the farm.

### **Propagating: April 15<sup>th</sup> - April 21<sup>st</sup>**

Create more baby plants from existing trees and plants

### **Transplanting: May 15<sup>th</sup> - May 21<sup>st</sup>**

Transfer plants from the greenhouse to their permanent locations

### **Bed Turnover: July 27<sup>th</sup> - August 3<sup>rd</sup>**

Make beds available for the next round of planting

### **Haying: August-September**

Scything and gathering hay, a primary source of compost on the Farm

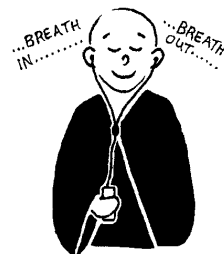
## Other New Offerings

(dates to be announced)

### **New Recording and Listening Class**

*In this way, I do most deeply vow to train myself.*

- The Daily Recollection



This is a practical class that trains in the skills of directing attention, building a relationship with the Mentor and listening to the still small voice. The new practice tool of Interviewing will be fully explored and practiced.



### **Zen Cooks**

*Plants know how to make food and medicine from light and water, and then they give it away.*

- Robin Wall Kimmerer

A new twist on the former “At-Home Working Meditation” retreats, these workshops are occasions to be in the mind of working meditation while also being introduced to the art of vegetarian cooking! Led by accomplished cooks in Sangha, participants learn to prepare food that is simple, tasty and nourishing. Recipes and shopping lists will be provided. The cooks will be on hand to answer questions during the work period. Prepare a meal, enjoy it mindfully and then process your experience of being nourished by the wisdom and generosity of plants.

## **And Old Favorites**

Click here for the full calendar of other beloved practice offerings, such as **Keeping Commitments Buddies, Reflective Listening Buddies, Yoga for Sangha and Email Classes with Cheri**

And with **Daily Peace Quotes, Open Air, Virtual Mediation, Practice Reminders and Practice blogs** we can completely immerse ourselves in a life of Practice.

Oh Happy Blessed Path!  
Gasshō