



**Great Tree Zen Temple**  
*in conjunction with*  
**Mars Hill College**  
*offers*

**A Three Week Meditation Retreat  
for Undergraduate Students**

**Mindful Body Mindful Breath**

**June 1 – 21, 2011**

*near Asheville, NC*

*An opportunity for deep inner exploration,  
meditation practice, and immersion  
in mindful community life.*

Up to 3 credit hours available through Mars Hill College



**To apply or for more information, contact:**

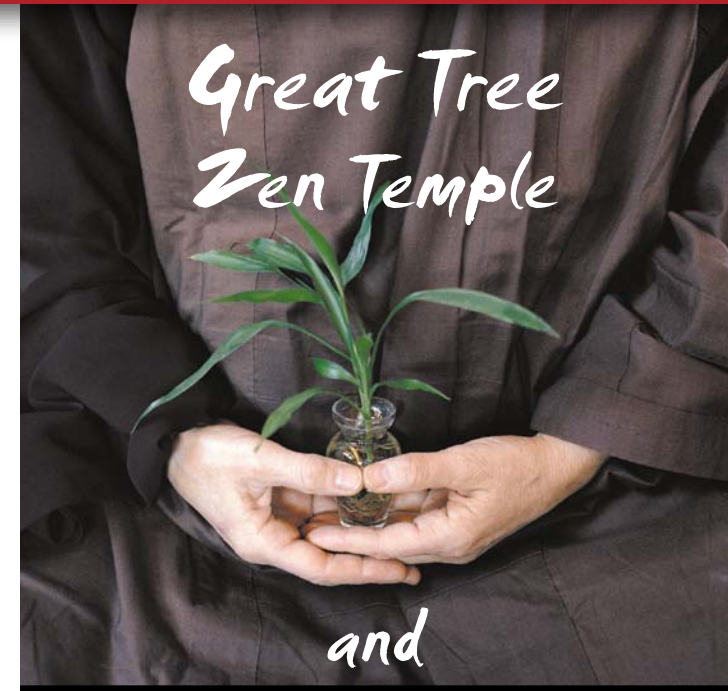
[info@greattreetemple.org](mailto:info@greattreetemple.org)

[www.greattreetemple.org](http://www.greattreetemple.org)

828-645-2085

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**Mars Hill College**

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**SUMMARY** Great Tree Zen Temple's Internship Retreat is a three week residency for students to explore mindfulness through Zen practice. Participants will retreat from the busy world, clear the mind, and develop a daily meditation practice. This opportunity for deep inner exploration and an experience of mindful community living is open to all undergraduates and appropriate for both experienced meditators and newcomers.

**DETAILS**

**WHEN:** June 1 - June 21, 2011

**WHERE:** Participants must reside at the Great Tree Temple, 679 Lower Flat Creek Rd., Alexander, NC 28701 for the entirety of the internship.

**TUITION:** \$3000 covers room, lodging, and tuition for three weeks. Undergraduate credit is \$248 per credit hour. Students have the option of no credit or of earning up to 3 credits. The fee for students who do not wish to receive credit is \$2300.

**OTHER:** Students are responsible for transportation to Great Tree and medical insurance.

## PROGRAM

This 3 week internship in monastic Zen meditation is open to 3-8 undergraduate students. Mars Hill College will offer up to 3-credit hours in Religious Studies to participants. An intensive exploration of mindfulness in meditation and everyday life in a residential setting, this meditation experience is modeled after the Japanese monastic tradition. Students work, study, and meditate as a community in a retreat setting with the Reverend Teijo Munnich, an American born priest of the Soto Zen tradition. Supplemental teaching will be provided by qualified teachers.

## PARTICIPANTS WILL:

- Submit applications with Mars Hill College and Great Tree Temple.
- Complete an interview with the teachers before enrolling.
- Stay on the grounds of GTT for the entire internship.
- Complete assigned reading before retreat.
- Keep a journal of their experience.
- Complete an individualized final product if credit is desired.
- Complete a 7 day silent retreat.

## OBJECTIVES

- Students will learn the basic tenets of Buddhism studying the Four Noble Truths.
- Students will learn various meditation methods in both sitting and walking meditation.
- Students will learn the benefits of intentional community life centered on mindful living.
- Academic internship credit will be awarded by the Religion Department of Mars Hill College and Professor Katharine Meacham.

Following the retreat, students will continue to live at the temple adhering to the daily schedule.

Students will be expected to participate in housekeeping and cooking activities as part of the practice. Each day a lecture and discussion period will be led by one of the faculty. Reading will be assigned and students will be expected to use free time to read and keep a journal of their experience. Only meals and meditation periods will be conducted in silence. Students will not be allowed to leave the temple grounds, except for a program field trip, and will be discouraged from using any electronic device or means of communication outside of the program community (except in cases of an emergency). Students will practice monastic disciplines as a means for developing insights into self as well as into mindful community life.



## ABOUT GREAT TREE

Great Tree Zen Temple was founded four years ago on six acres of land outside of Asheville, NC for the purpose of providing a residential monastic practice for women. Retreats and workshops are offered throughout the year for both monastics and lay practitioners. Women and men are welcome. The temple practice is modeled after a Japanese Soto Zen monastery with some Western modifications. The diet is macrobiotic and accommodations are shared rooms or tent camping on temple grounds. The temple has a membership of approximately 500 and is open to the public. At this time Reverend Munnich is the only full time resident.

## STAFF

### REV TEIJO MUNNICH



Disciple and Dharma heir of Dainin Katagiri Roshi, Rev. Teijo Munnich studied with him from 1975 until his death in 1990. She received formal training at Hokyoji Zen Mountain Center in Minnesota, Tassajara Zen Mountain Center in California and Hosshinji in Obama, Japan. In addition to her work in developing Great Tree, Rev. Munnich is the Dharma teacher for the Zen Center of Asheville and Charlotte Zen Meditation Society. She also offers regular retreat days sponsored by the Knoxville Interfaith Meditation Group. Rev. Munnich taught at Warren Wilson College from fall of 1997 – summer of 2000.

### DR. KATHARINE R. MEACHAM, PH.D.



Professor of Philosophy and Religion and Chair of General Studies at Mars Hill College, Katharine has been involved in cross-cultural philosophy of religion and interfaith dialogue (including Christian-Buddhist dialogue) for over thirty years. She has graduate degrees from Harvard University and Temple University and has collaborated with Rev. Munnich in classes on Buddhism and on Women and Religion on numerous occasions.

### MEREDITH MCINTOSH



Has studied a wide variety of massage therapies, including Swedish, Myotherapy, Reflexology, and the Alexander Technique, in which she completed a three-year teacher training course at the Alexander Alliance. Meredith has been a student of Tange Harada Roshi in Japan, where she has spent extensive time in Zen practice.