

# ONE –DAY ZEN MEDITATION RETREAT IN WILMINGTON, DE

Led by  
José Ramírez, JDPSN

**Saturday, September 25, 2010**  
Brunner Chapel, Second Floor  
First Unitarian Church of Wilmington, Delaware

*“Zen is understanding yourself. What are you?”*



José Ramírez, JDPSN is the Guiding Teacher and abbot of the Delaware Valley Zen Center, which he helped found in the Spring of 1999. He has been practicing in the Kwan Um School of Zen since 1994, and received Inka in April 2009. He has a degree in mathematics from the Universidad Simón Bolívar in Caracas, Venezuela, and a Master and Ph.D in statistics from the University of Wisconsin-Madison. In his role as an industrial statistician he works closely with engineers and scientists to help them make sense of data. He lives in Pennsylvania with his wife and daughter.

**The retreat is \$35.00 and will be held from 8:45 am - 3pm and will consist of chanting, sitting & walking meditation, & a vegetarian lunch.**

*The retreat is sponsored by the Delaware Valley Zen Center (DVZC) (a non-profit organization located in Newark, Delaware [www.dvzc.org](http://www.dvzc.org)) & the Open Heart Zen Group (a Wilmington, Delaware satellite group of the DVZC [www.openheartzen.org](http://www.openheartzen.org))*