



Spring Break Service

## **Organic Farming at City of Ten Thousand Buddhas**

Buddhist Monastery  
Ukiah, California

**Dates:** March 28<sup>th</sup>- April 4<sup>th</sup>, 2010

**Cost:** \$400 per person

**Contact:** Leonora Stefanile, 201-463-0522, stefank@eckerd.edu

**Group size:** 9 Students + Leonora

**Lodging:** Dormitory style, on-location housing, plus a one-night stay at Fisherman's Wharf Hostel in San Francisco. You will need a sleeping bag and towel.

**Transportation:** Fly out of Ft. Lauderdale to San Francisco. Once in San Fran, we will use public transportation to get to Ukiah.

### **What?**

We will be staying in the City of Ten Thousand Buddhas, where we will be working in their organic farm. A significant part of the trip will be spent outdoors doing physical work getting our hands dirty helping plant, maintain and harvest organic fruits, vegetables

and herbs. There will most likely be some hiking in the surrounding area. There will also be lectures in English during that week, teaching us about Buddhist philosophy and meditation. Every student will be expected to get up at approx. 5:00 AM to take part in meditation, and then again in the evening. The amount of meditation will be fairly intense...make sure you feel comfortable with the idea that we will be fully experiencing a very different way of life.

Annnnd....We will have some free time to spend in San Francisco.

### **Why?**

The goal of this trip is to serve the community at the monastery while bearing in mind Buddhist philosophy. We will have a few readings I will hand out during the pre-trip meetings to serve as an introduction to Buddhist thought. Living the way that is practiced at CTTB will help us see the world and our own lives from a very different point of view. By working on the farm, we have a chance to embody the teachings of the Buddha by serving the community. It will also be a great way to learn about gardening, of which there is no experience necessary.

### **Important dates:**

Registration with a non-refundable deposit of \$225 is due by Noon on Thursday, February 18<sup>th</sup>.

### **3 Pre-Trip Meetings!**

February 25<sup>th</sup>, March 11<sup>th</sup> and March 18<sup>th</sup> (all Thursdays) in the Student Lounge from 5:30-6:15pm.

### **The \$400 will not cover...**

Free time funds in San Francisco, including public transportation and souvenirs.