

## Empty Nest Zendo, Ku Sou do



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### Directions

map [click here!](#)

From Los Angeles drive to Fresno. Take Hwy 41 towards Yosemite. Take Rd. 200 to Wyle Ranch Rd. Turn on Wyle Ranch Rd. at Two Hills Rd. 5433 Two Hills Rd. Please call or email for directions.

### Surrounding Areas Served

Fresno, Madera, Yosemite, Modesto, Bass Lake, Oakhurst, Coarsegold

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### Brief History

Empty Nest Zendo was established in 1995 and has offered zazen and sesshin since then. There are regular zazenkai and sesshin. The Empty Nest Zendo also has two sister groups: One in Fresno-[Fresno River Zen](#) and on in Modesto-[Valley Heartland Zen Group](#).

### Founders&Successive Chief Priests

- [Myoan Schireson](#)

### Chief Priests

- Horyo Schireson
- Ezo Wilson

## Activities

All four groups offer training and practice opportunities in the Soto Zen tradition and are led by Grace Schireson, an ordained Zen priest in the Suzuki Roshi lineage.

All three groups offer a range of practice opportunities including the following:

- Regular zazen (sitting meditation), introductory classes, and intensive multi-day retreats
- One-to-one instruction, group lectures, and individual consultations with the teacher
- Teaching and practice in the spirit of the Suzuki Roshi lineage
- Common traditions with Berkeley, San Francisco, Green Gulch, and Tassajara Zen Centers
- Guidance by an ordained Zen priest and experienced lay practitioners
- Opportunity to affirm one's faith in the Buddha Way through training and lay ordination
- Opportunity to participate in engaged Buddhism through the Prison Meditation Project

## Annual Services and Events

- Buddha's Birthday
- Parinirvana
- Rohatsu
- Segaki
- New Year's Eve sitting
- New Year's Day sitting and potluck
- Shuso ceremony and annual practice period

## Note

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