



# Introduction to

# ZEN

DAI BAI ZAN CHO BO ZEN TEMPLE

An 8-week  
exploration of  
Rinzai Zen  
practice

Tuesdays - 7:30 to 9:00 pm

April 4	<b>Seated Meditation</b>
April 11	<b>Mindfulness Practice</b>
April 18	<b>Retreat Practice</b>
April 25	<b>Deep Inquiry (koans)</b>
May 2	<b>Four Noble Truths</b>
May 9	<b>Noble Eightfold Path</b>
May 16	<b>Four Great Vows</b>
May 23	<b>Zen's Progress West</b>

- \$50 suggested donation for series
- Each class can be taken as a stand-alone
- As a bonus with the full fee, you may attend the mini-sesshin (half-day retreat) in April or May at no cost

Located on North Beacon Hill at:  
1733 S Horton St., Seattle, WA 98144

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