



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

Oct 3	Seated Meditation
Oct 10	Mindfulness Practice
Oct 17	Circle of Meditation
Oct 24	Deep Inquiry (koans)
Oct 31	Four Noble Truths
Nov 7	Noble Eightfold Path
Nov 14	Four Great Vows
Nov 21	Precepts

- \$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 October or November at no cost

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

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For more info: zen@choboji.org