

DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

ZEN

An 8-week exploration of Rinzai Zen practice
Tuesdays - 7:30 to 9:00 pm

April 10	Seated Meditation
April 17	Circle of Meditation
April 24	Mindfulness Practice
May 1	Deep Inquiry (Koans)
May 8	Four Noble Truths
May 15	Noble Eightfold Path
May 22	Four Great Vows
May 29	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 April, May or June at no cost

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

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