



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

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|--|---|--|---|
| OCTOBER<br><b>2</b><br>Seated<br>Meditation  | OCTOBER<br><b>9</b><br>Mindfulness<br>Practice  | OCTOBER<br><b>16</b><br>Circles of<br>Meditation | OCTOBER<br><b>23</b><br>Deep Inquiry<br>(Koans) |
| OCTOBER<br><b>30</b><br>Four<br>Noble Truths | NOVEMBER<br><b>6</b><br>Noble Eightfold<br>Path | NOVEMBER<br><b>13</b><br>Four<br>Great Vows      | NOVEMBER<br><b>20</b><br>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) on Sunday, October 14th or November 19th at no cost

Located on North Beacon Hill, just 5 blocks  
from the Beacon Hill light rail stop at:  
1733 S Horton St., Seattle, WA 98144

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