



DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

ZEN

An 8-week exploration of Rinzai Zen practice
Tuesdays, April 2 - May 21, 7:30 to 9:00 pm

APRIL 2 Seated Meditation	APRIL 9 Mindfulness Practice	APRIL 16 Circles of Meditation	APRIL 23 Deep Inquiry (Koans)
APRIL 30 Four Noble Truths	MAY 7 Noble Eightfold Path	MAY 14 Four Great Vows	MAY 21 The Ten 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, April 14 or May 19 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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For more info: zen@choboji.org