



DAI BAI ZAN CHO BO ZEN TEMPLE

## Introduction to

# ZEN

An 8-week exploration of Rinzai Zen practice

Tuesdays, October 1 - November 19 | 7:30 to 9:00 pm

**1**  
OCT

### ZAZEN

Learn how to practice Zazen (seated meditation).

**8**  
OCT

### MINDFULNESS PRACTICES

Is there more than seated meditation? Learn about mindfulness practices, such as chanting, walking, bowing and tea.

**15**  
OCT

### CIRCLES OF MEDITATION

Hear about the expanding circles of meditation practice and how they carry over into our daily lives.

**22**  
OCT

### KOAN STUDY

Dive into the use of koans (Zen parables) to investigate our own deep nature and how to harmonize the relative, absolute and transcendent.

**29**  
OCT

### FOUR NOBLE TRUTHS

Explore the Four Noble Truths, the Buddha's radical teaching on liberation from suffering.

**5**  
NOV

### NOBLE EIGHTFOLD PATH

Embark on the the Noble Eightfold Path, Buddha's Way to gradually unravel suffering in our lives.

**12**  
NOV

### FOUR GREAT VOWS

Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.

**19**  
NOV

### THE PRECEPTS

Delve into the Bodhisattva Precepts for upright conduct in living a compassionate, awakened life.

[www.choboji.org](http://www.choboji.org)

For more info: [zen@choboji.org](mailto:zen@choboji.org)

Located on North Beacon Hill, just 5 blocks from the Beacon Hill light rail stop at:  
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