Bring your curiosity and your questions, to our Introduction to Zen class. This 4-week, online course, will cover everything you need to develop a meditation practice and teaches the fundamentals of Zen Buddhism. Each class is taught by a different, experienced, Zen practitioner. Classes start with introductions, a 15 minute sit, followed by a presentation, and ample time to ask questions. Recommended donation is $5. per class. Please register at intro@choboji.org for the zoom link.

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 work (samu).

15 OCT
BUDDHIST BASICS
Explore the Four Noble Truths, the Buddha’s radical teaching on liberation from suffering and the Noble Eightfold Path, Buddha’s Way to gradually unravel suffering in our lives.

22 OCT
FOUR GREAT VOWS
Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.