



DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

ZEN

A 4-week, on-line, exploration of Rinzai Zen practice

Thursdays, Oct 1 - Oct 22 | 7:30 pm to 8:45 pm | www.choboji.org

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.

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| 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. |