



DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

ZEN

A 6-week, on-line, exploration of Rinzai Zen practice

Saturdays, April 3 - May 8 | 10am-11:30am | www.choboji.org

Bring your curiosity and your questions to our Introduction to Zen class. This 6-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.

3 APRIL	ORIENTATION TO ZEN What is Zen all about?
10 APRIL	SIT, BREATHE, AND LISTEN Learn how to practice Zazen (seated meditation).
17 APRIL	FORMS OF RINZAI ZEN PRACTICE Is there more than seated meditation? Learn about mindfulness practices, such as chanting, walking, bowing and work (samu).
24 APRIL	FOUR NOBLE TRUTHS Explore the Four Noble Truths, the Buddha's radical teaching on liberation from suffering.
1 MAY	EIGHT FOLD PATH Embark on the the Noble Eightfold Path, Buddha's way to gradually unravel suffering in our lives.
8 MAY	LIVING ZEN IN THE WORLD Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.