



DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

ZEN

A 6-week, in-person/online, exploration of Rinzai Zen practice
Thursdays, October 7 - November 11 | 7pm-8:30pm | www.choboji.org

Bring your curiosity and your questions to our Introduction to Zen class. This 6-week, in-person/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.

7 OCTOBER	ORIENTATION TO ZEN What is Zen all about?
14 OCTOBER	FORMS OF RINZAI ZEN PRACTICE Is there more than seated meditation? Learn about mindfulness practices, such as chanting, walking, bowing and work (samu).
21 OCTOBER	FOUR NOBLE TRUTHS Explore the Four Noble Truths, the Buddha's radical teaching on liberation from suffering.
28 OCTOBER	EIGHT FOLD PATH Embark on the the Noble Eightfold Path, Buddha's way to gradually unravel suffering in our lives.
4 NOVEMBER	KOAN STUDY Dive into the use of koans (Zen parables) to investigate our own deep nature.
11 NOVEMBER	FOUR GREAT VOWS Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.

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

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OCTOBER 7 ORIENTATION TO ZEN
What is Zen all about?

OCTOBER 14 FORMS OF RINZAI ZEN PRACTICE
Is there more than seated meditation? Learn about mindfulness practices, such as chanting, walking, bowing and work (samu).

OCTOBER 21 FOUR NOBLE TRUTHS
Explore the Four Noble Truths, the Buddha's radical teaching on liberation from suffering.

OCTOBER 28 EIGHT FOLD PATH
Embark on the the Noble Eightfold Path, Buddha's way to gradually unravel suffering in our lives.

NOVEMBER 4 KOAN STUDY
Dive into the use of koans (Zen parables) to investigate our own deep nature.

NOVEMBER 11 FOUR GREAT VOWS
Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.