



DAI BAI ZAN CHO BO ZEN TEMPLE

Introduction to

# ZEN

A 6-week, in-person, exploration of Rinzai Zen practice

Tuesdays, April 5-May 10 | 7:30pm-8:45pm | [www.choboji.org](http://www.choboji.org)

Bring your curiosity and your questions to our Introduction to Zen class. This 6-week, in-person 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](mailto:intro@choboji.org).

<b>5</b> APRIL	<b>ORIENTATION TO ZEN</b> What is Zen all about?
<b>12</b> APRIL	<b>FORMS OF RINZAI ZEN PRACTICE</b> Is there more than seated meditation? Learn about mindfulness practices, such as chanting, walking, bowing and work (samu).
<b>19</b> APRIL	<b>FOUR NOBLE TRUTHS</b> Explore the Four Noble Truths, the Buddha's radical teaching on liberation from suffering.
<b>26</b> APRIL	<b>EIGHT FOLD PATH</b> Embark on the the Noble Eightfold Path, Buddha's way to gradually unravel suffering in our lives.
<b>3</b> MAY	<b>KOAN STUDY</b> Dive into the use of koans (Zen parables) to investigate our own deep nature.
<b>10</b> MAY	<b>FOUR GREAT VOWS</b> Reflect on our Four Great Vows – the fundamental context for our whole Buddhist practice.