



DAI BAI ZAN CHO BO ZEN TEMPLE

-INTRODUCTION TO-

ZEN

A 6-WEEK, IN-PERSON, EXPLORATION OF RINZAI ZEN PRACTICE

Tuesdays, April 9-May 14 | 7:30pm-8:45pm | 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.

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APRIL

ORIENTATION TO ZEN
What is Zen all about?

16
APRIL

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

23
APRIL

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

30
APRIL

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

7
MAY

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

14
MAY

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

Located on North Beacon Hill, just 5 blocks from the Beacon Hill light rail stop at: 1733 S Horton St., Seattle, WA 98144