

Introduction to Zen Practice



Tuesdays
May 4, 11, 18 and 25
Class 6:00-7:15 p.m.

No charge
Donations gratefully accepted

Taught by Guiding Teacher Mary Mocine and Senior Student Kate Flores

On Zoom: Go to [www. vallejozencenter.org](http://www.vallejozencenter.org)

Click on “Enter the Zendo” to enter the class

What is Zen, after all? What is zazen? What does the word mean? How can I learn to meditate and be comfortable? What is the point? Why do we bow to and away from our seats? How do I enter the zendo and how move in it? What does the word zendo mean? What are all those figures on the altar? I can't imagine sitting all day! How do people do that? How do they eat in the zendo? What is oryoki eating? What does it mean to have a teacher? What is a sangha? Am I welcome? What if I make a mistake? And on and on our worries and questions roll.

Come get answers and learn how to establish your practice. We will learn a bit of history and a lot about the forms and practices of Zen. This will be a gentle introduction, for beginners or those who want a refresher.

Questions and concerns invited.

