

【SEIZA QUIET-SITTING MEDITATION SESSION & DHARMA TALK ON SHIN BUDDHISM】

April, 2017



Seiza Quiet-Sitting Meditation Session is open to public in an intention to give ourselves a solid refuge of mind and body in a time of insecurity and uncertainty that we all live in. Our mind and body will become restful by way of practicing *Seiza* Meditation, which helps us go on each moment of our life with peace.

The *Seiza* is a posture and breathing method that let your lower back stretch firmly and exhale slowly as long as you can through your nose and will put your energy on “Tanden” (lower belly).

Beginners are highly welcome.

These sessions are open to all and not limited to Buddhists. Please feel free to join us.

R.S.V.P is not required.

SEIZA MEDITATION & DHARMA TALK ON SHIN BUDDHISM

MONDAY APRIL 10, 7:00 TO 9:00 P.M.

at New York Zendo, 223 East 67th Street NY (Bet. 2nd & 3rd Av.)

I will lead a *Seiza* meditation and have a talk in English on the teachings of Shinran, whose influential teachings have formed the Shin Buddhism since about 750 years ago; there will be time after for questions and discussion.

SEIZA QUIET-SITTING MEDITATION SESSION

SUNDAY APRIL 16, 3:30 TO 5:00 P.M.

at New York Zendo, 223 East 67th Street NY (Bet. 2nd & 3rd Av.)

You can sit on a chair or a cushion on the floor and I will closely teach you how to sit and breathe.

NEW JERSEY SEIZA QUIET-SITTING MEDITATION SESSION

SATURDAY APRIL 22, 3:00 TO 4:30 P.M.

at The Japanese-American Society of New Jersey, 304 Main St., 2nd Floor, Fort Lee, NJ

You can sit on a chair or a cushion on the floor and I will closely teach you how to sit and breathe.

Seiza Sitting-in-Stillness Meditation Class at City College of NY

**at Aaron Davis Hall, classroom on the basement floor in the City College of NY,
bet. W.133rd and 135th St. on Convent Ave**

12:30 to 1: 30 PM on every Thursday (NO CLASS on April 13)

There is no admission fee. Donations are greatly appreciated.

Miki Nakura, Buddhist Minister of Higashi Honganji Temple

Jodo-Shinshu Shin-Buddhist New York Sangha (501 (c) (3) Non-profit organization)

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