

# Introduction to Zen Practice



Winter Course – four Tuesdays -- January 3, 10, 17, 24  
7:30 - 9:00 p.m.

This course is an opportunity to learn and practice zazen (Zen meditation) and to learn and practice wisdom and compassion in daily life. Experience upright sitting, egolessness, emptiness, and effort with us. Each class will consist of zazen, a talk, and discussion of daily life problems and opportunities in practicing the Buddha Way.

The cost is \$50, or \$25 for students & fixed-income people.

## Cedar Rapids Zen Center

1618 Bever Avenue SE, Cedar Rapids, Iowa

Registration or information:

call us - (319) 247-5986

e-mail us - [crzc@cedarrapidszencenter.org](mailto:crzc@cedarrapidszencenter.org)

write us – PO Box 863 Cedar Rapids, IA 52406

visit us on the web - [www.cedarrapidszencenter.org](http://www.cedarrapidszencenter.org)

*"Zazen is coming home and sitting in peace."*