

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	1 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	2 6:45-7:45 am Zazen ----- 7-9 pm Zazen	3 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	4 6:45-7:45 am Zazen ----- 7-9 pm Zazen	5 9:30 am Morning Service ----- 2 pm Talk in Japanese on Shin Buddhism and Seiza Meditation ----- 3 pm Breathe.Read.Write.	6 3:30 pm Seiza Meditation
7	8 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	9 6:45-7:45 am Zazen ----- 7-9 pm Zazen	10 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	11 6:45-7:45 am Zazen ----- 7-9 pm Zazen	12 8:00 am Morning Service 8 am – 6 pm Nyogen Senzaki All-Day Sit with Hokuto Sensei; Dharma talk, practice interviews	13
14 7 pm Talk on Shin Buddhism and Seiza Meditation	15 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	16 6:45-7:45 am Zazen ----- 7-9 pm Zazen Student Dharma Talk	17 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation	18 6:45-7:45 am Zazen ----- 7-9 pm Zazen	19 9:30 am Morning Service	20 3:30 pm Seiza Meditation
21	22 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	23 6:45-7:45 am Zazen ----- 7 pm Discussion with Joan and Anne Watts on <i>The Collected Letters of Alan Watts</i>	24 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen and Teisho by Junryu Roshi	25 6:45-7:45 am Zazen ----- 7-9 pm Zazen	26 3 pm Talk in Japanese on Shin Buddhism and Seiza Meditation ----- SPECIAL WEEKEND AT DAI BOSATSU MAY 25-27	27

MAY CALENDAR

INTRODUCTION TO ZEN MEDITATION, every Thursday, 6:45-9 p.m. Instruction in Zen meditation followed by a period of meditation, and tea and discussion. No reservation is necessary.

MORNING SERVICE, Saturday mornings at 9:30 a.m. except May 26; May 12 at 8 am. Full morning service followed by a period of zazen, tea and temple cleaning.

STUDENT DHARMA TALK May 16 at 7 p.m.

INSTRUCTION AND TEISHO BY ERAN JUNRYU VARDI ROSHI ON MAY 24 At the invitation of Shinge Roshi, Junryu Roshi teaches at NYZ once a month. He is the founder of Eiryu-ji Zen Center, and is a Dharma teacher in the lineage of Taizan Maezumi Roshi, a member of the White Plum Sangha, and a 6th Dan teacher of Aikido, Shido-in. He is available for individual practice interviews and for assistance with physical sitting issues from 5 p.m. Email or call the office if you would like to meet with him. Beginners' instruction, and zazen for those who do not attend the instruction, begin at 6:45.

SEIZA MEDITATION AND DHARMA TALKS ON SHIN BUDDHISM - Rev. Miki Nakura, of Higashi Hongan-ji temple in Kyoto, and the

Jodo-Shinshu Shin Buddhist New York Sangha, will lead a seiza meditation and give a Dharma talk in Japanese on Shin Buddhism on May 5 at 2 pm, and 26 at 3 p.m.; lead a seiza meditation and give a talk in English on May 14 at 7 p.m.; and lead a longer seiza meditation on May 6 and 20 at 3:30 p.m.

BREATHE.READ.WRITE. Lisa Freedman will lead a meditation and poetry workshop on May 5 at 3 p.m. "Every time we guide our wandering minds back to the breath, we offer ourselves a fresh start. Every time we meditate and then pick up our pens to write in response to a poem, we are in a realm of unlimited possibilities." Free-writing (just letting the pen move, non-stop) can be their vehicle. No meditation or writing experience is needed. We will gather and then meditate, read a poem or short piece of prose, free-write from it, share our writings, listen closely, and respond. Come enjoy this chance to cultivate stillness and express what arises.

NYOGEN SENZAKI SESSHIN, MAY 12, 8 a.m.-6 p.m. Hokuto Dan Diffin Sensei will lead this sit honoring Nyogen Senzaki, a great early pioneer of Zen in America. A disciple of Soen Shaku Roshi, Nyogen Senzaki came to the United States in 1905. He practiced alone at first, then was gradually sought out by Americans eager to learn about and practice Zen. His teachings and poems continue to inspire us decades after his passing. Dharma talk, practice interviews; formal lunch in the zendo. Contact the office to register.

TALK AND DISCUSSION ON *THE COLLECTED LETTERS OF ALAN WATTS* MAY 23 7 p.m.

The famous Zen author Alan Watts, whose 1957 book *The Way of Zen* was a seminal work for many long-time Zen practitioners, passed away in 1973. His daughters, Joan and Anne Watts, will offer a Q&A and discussion about their book of their father's letters.

SPECIAL EVENT: MAY 25-27 AT DAI BOSATSU ZENDO Forest Bathing, a cornerstone of preventive health care and healing in Japanese medicine, will be among the events offered at a special weekend at Dai Bosatsu Zendo May 25-27. Contact the office for information

Long-term practitioners who are students of Shinge Roshi are available for informal meetings to discuss questions about Zen Buddhist practice, or just to offer encouraging words. If you would like to arrange a meeting, please contact the office.

CHANTING SERVICE Following Buddhist tradition, *Dai Segaki* is chanted each morning, and those recently deceased are memorialized for 49 days after the date of their passing. If you would like to participate in this tradition, please email the names to be chanted and the date of the person's death.

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