

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3 No public events	4 No public events	5 No morning sit ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	6 No morning sit ----- 7-9 pm Zazen	7 No public events	8 3:30 pm Seiza Meditation
9	10 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	11 6:45-7:45 am Zazen ----- 7-9 pm Zazen	12 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	13 6:45-7:45 am Zazen ----- 7-9 pm Zazen	14 9:30 am Morning Service ----- 2 pm Japanese Talk on Shin Buddhism and Seiza Meditation	15
16 7 pm Talk on Shin Buddhism and Seiza Meditation	17 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	18 6:45-7:45 am Zazen ----- 7-9 pm Zazen	19 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	20 6:45-7:45 am Zazen ----- 7-9 pm Zazen	21 9:30 am Morning Service ----- 3 pm Breathe.Read.Write .	22
23	24 6:45-7:45 am Zazen ----- 7-9 pm Zazen and Tai Chi	25 6:45-7:45 am Zazen ----- 7-9 pm Zazen	26 6:45-7:45 am Zazen ----- 6:45-9 pm Introduction to Zen Meditation and Zazen	27 6:45-7:45 am Zazen ----- 7-9 pm Zazen	28 9:30 am Morning Service ----- 3 pm Japanese Talk on Shin Buddhism and Seiza Meditation	29 3:30 pm Seiza Meditation

JULY

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. **Come at 6:15 for help with physical sitting issues.**

MORNING SERVICE, Saturday mornings at 9:30 a.m. except July 7. Full morning service followed by a period of zazen, tea and temple cleaning.

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 July 14 at 2 pm, and 28 at 3 p.m.; lead a seiza meditation and give a talk in English on July 16 at 7 p.m.; and lead a longer seiza meditation on July 8 and 29 at 3:30 p.m.

BREATHE.READ.WRITE. Lisa Freedman will lead a meditation and poetry workshop on July 21 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.

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.

CHECK OUT JULY-AUGUST EVENTS AT DAI BOSATSU MONASTERY

Dai Bosatsu is a traditional Japanese monastery on 1,400 acres in the heart of the Catskills. Photos on our facebook site Zen Studies Society.

July 20-22 Introduction to Zen Weekend

August 11-12 Traditional O-Bon ceremony honoring our ancestors

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zenstudies.org

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