

*Each
moment,
Life as it is,
The only
teacher.*



Zen Meditation *practice & principles*

Sunday 20 May 2018 Warrandyte

In this one-day workshop participants will:

- ❧ Experience sitting & walking meditation
- ❧ Learn about aspects of Zen philosophy & history
- ❧ Explore ways of bringing mindful awareness into daily life

Offered by senior Ordinary Mind Zen practitioners, this workshop is suitable for beginners as well as those with some prior meditation experience

- ❧ Time: 10am - 3pm, Warrandyte Library
- ❧ Cost: \$30 (Non-Concession); \$20 (Concession)

Bookings and Further Information

- ❧ **Bookings:** <https://www.eventbrite.com.au/e/zen-meditation-practice-principles-tickets-44657374409> or
- ❧ **Website:** www.zenmelbourne.com
- ❧ **Contact:** Anja Tanhane 0439 389 554