

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

December, 2018



Seiza Quiet-Sitting 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 stable by way of practicing *Seiza*, which helps us go on each moment of our lives with peace.

The *Seiza* is a posture and breathing method that let your lower back erect 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.

SEIZA QUIET-SITTING SESSION

SUNDAY, DECEMBER 2, 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 practice how to make a right posture and correct breathing.

ABSC SEIZA QUIET-SITTING SESSION

SATURDAY, DECEMBER 8, 12:30 TO 2:00 P.M.

at American Buddhist Study Center, 331 Riverside Dr., New York

NEW JERSEY SEIZA QUIET-SITTING SESSION & DHARMA TALK

SATURDAY, DECEMBER 8, 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 Session at City College of NY

DECEMBER 3 & 6, 12:00 TO 1:00 P.M.

at WHCR-90.3FM "The Voice of Harlem", located at the City College of New York, 138th St. & Convent Ave, North Academic Center, Room: 1/513

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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