

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

November, 2017



**Seiza Quiet-Sitting Meditation 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 restful by way of practicing *Seiza* Meditation, 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 MEDITATION SESSION**

**SUNDAYS NOVEMBER 5 & 19, 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 proper posture and correct breathing.

## **NEW JERSEY SEIZA QUIET-SITTING MEDITATION SESSION**

**SATURDAY NOVEMBER 11, 3:00 TO 4:30 P.M.**

at The Japanese-American Society of New Jersey, 304 Main St., 2<sup>nd</sup> 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 MEDITATION & DHARMA TALK ON SHIN BUDDHISM**

**MONDAY NOVEMBER 13, 7:00 TO 9:00 P.M.**

at New York Zendo, 223 East 67th Street NY (Bet. 2nd & 3rd Av.)

First, practicing the *Seiza* meditation and there is a talk in English on the teachings of Shinran, whose influential teachings have formed the Shin Buddhism since about 750 years ago; there will be time after for questions and discussion.

## **Seiza Sitting-in-Stillness Meditation Class at City College of NY**

**WEDNESDAYS NOVEMBER 8, 15, 22 & 29, 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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