

**【SEIZA QUIET-SITTING MEDITATION SESSION &  
DHARMA TALK ON SHIN BUDDHISM】** November, 2018



**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 stable 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**  
**SUNDAY, NOVEMBER 4, 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 learn how to make proper posture & breathing.

**ABSC SEIZA QUIET-SITTING MEDITATION SESSION**  
**SATURDAY, NOVEMBER 10, 12:30 TO 2:00 P.M.**

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

**NEW JERSEY SEIZA QUIET-SITTING MEDITATION SESSION & DHARMA TALK**  
**SATURDAY, NOVEMBER 10, 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 12, 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.

**Seiza Sitting-in-Stillness Meditation Session at City College of New York**  
**MONDAYS & THURSDAYS, 12:30 TO 1:30 P.M. (No class: 11/15, 11/19, 11/22)**

at Classroom ADH01, Aaron Davis Hall in the City College of New York, 115 Convent Ave, NY

**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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