

【SEIZA QUIET-SITTING & DHARMA TALK】

February, 2020



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 practicing *Seiza*, which helps us realize peace within.

The *Seiza* is a posture and breathing method that let your lower back erect firmly and exhale slowly as long as possible through your nose and put your full power into the lower belly.

Shin Buddhism is a Pure Land Mayahana Buddhist teaching which was established by **Shinran** in the 13th century in Japan and has prevailed among the masses since then.

I will have Dharma talks on basic and Shin Buddhist teachings.

These sessions are open to all and not limited to Buddhists. Please feel free to join us.

SEIZA QUIET-SITTING

SATURDAY, FEBRUARY 8th, 3 P.M. to 5 P.M.

SEIZA QUIET-SITTING & DHARMA TALK

SATURDAY, FEBRUARY 15th, 3 P.M. to 5:30 P.M.

at New York Zendo, 223 East 67th Street, New York

American Buddhist Study Center SEIZA QUIET-SITTING SESSION

SATURDAY, FEBRUARY 22nd, 12:30 P.M. to 2 P.M.

at American Buddhist Study Center, 331 Riverside Dr. NY (Bet. W.105 & 106th St.)

NEW JERSEY SEIZA QUIET-SITTING & DHARMA TALK

SATURDAY, FEBRUARY 22nd, 3 P.M. to 4:30 P.M.

at The Japanese-American Society of New Jersey, 304 Main St., Fort Lee, NJ

Seiza Quiet-Sitting Session at City College of New York

Every Monday and Thursday, 12:30 to 1:30 P.M. (No Session: February 17, 24, 27)
at WHCR-90.3FM "The Voice of Harlem", located in the City College of New York,
138th St. & Convent Ave, North Academic Center, Room: 1/513

There is no admission fee. Donations are appreciated.

Miki Nakura, Buddhist Minister of Higashi Honganji Temple, Kyoto Japan
Jodo-Shinshu Shin-Buddhist New York Sangha (501 (c) (3) Non-profit organization)
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