

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

March, 2019



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 possible through your nose and will put your energy into the lower belly.

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

SEIZA QUIET-SITTING SESSION

SUNDAYS, MARCH 3 & 31, 3:30 P.M. to 5 P.M.

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

SEIZA QUIET-SITTING & DHARMA TALK ON SHIN BUDDHISM

SATURDAY, MARCH 16, 2 P.M. to 5 P.M.

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

NEW JERSEY SEIZA QUIET-SITTING & DHARMA TALK

SATURDAY, MARCH 23, 3 P.M. to 4:30 P.M.

at The Japanese-American Society of New Jersey, 304 Main St., 2nd Floor, Fort Lee, New Jersey

ABSC SEIZA QUIET-SITTING SESSION

SATURDAY, MARCH 30, 12:30 P.M. to 2 P.M.

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

Seiza Sitting-in-Stillness Session at City College of New York

Every Monday and Thursday (Except MARCH 11 & 14), NOON TO 1 P.M.

**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 greatly 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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