

Hi everyone,

I hope this email finds you well.

I will have weekly Seiza meditation sessions on ZOOM in **July**.

Every Thursday from 2 PM to 3 PM (New York Time)

Please feel free to join the Zoom Meeting.

<https://us02web.zoom.us/j/89673869721?pwd=R01tUWMzL3lyT0JsOWtjWnFUeHRHdz09>

Meeting ID: 896 7386 9721 Passcode: 552956

Every Monday from 12:30 to 1:30 PM (New York Time)

Please feel free to join the Zoom Meeting.

<https://ccny.zoom.us/j/98243282375>

These are free virtual live sessions which anyone in the world can join.

Seiza is a universal method of sitting and breathing quietly for us to live peacefully moment by moment in our daily lives.

We sit on the chair or the cushion on the floor and learn how to make the correct posture, breathe and put full power into the lower belly.

Sincerely yours,

Miki Nakura,

Japanese Buddhist minister

Jodo-Shinshu Shin-Buddhist New York Sangha (501(c)(3) Non-profit organization)

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