



MEDITATION CLASSES

KAUA'I
SOTO ZEN TEMPLE

1-3500 Kaumuali'i Highway, Hanapepe, HI 96716

The following meditation schedule will be offered on most Sundays and Tuesdays.

(1) Sundays 10 a.m. - 11 a.m.

(a) Beginner's class 10:30 a.m. - 11 a.m.

This program will introduce newcomers to zazen (sitting meditation) as practiced and shared in the Zen Buddhist tradition. The basics of zazen will be discussed, such as sitting postures, different practices of zazen, and certain protocols to be aware of when sitting. A short practice session will be conducted. There will be ample opportunities to ask questions. There is no fee. Donations will be welcomed. Please call to verify schedules and to make appointments. 808.346.4650

(b) Sitting Meditation (zazen) 11 a.m. - 12 noon

Every one welcomed to join us and sit.

Learn "how to be calm and mindful in a fast-paced world."

(2) Tuesdays 6 p.m - 7:30 p.m

Weekly Sitting Meditation

Practice "how you can see things clearly, only when you slow down."

Join us!

For more information, call the above number.