

1st Friday of the Month – Meditation
All levels of meditation experience are welcomed.

7:30pm – 7:35pm Introduction
7:35pm – 8:05pm Eight-Form Moving Meditation
8:05pm – 8:40pm Sitting Meditation
8:40pm – 8:55pm Sharing
8:55pm – 9:00pm Sharing merit & conclusion

3rd Friday of the Month - Book Study
Book Title: Zen & Inner Peace Vol. I
Zen & Inner Peace Vol. II

7:30pm – 7:35pm Introduction
7:35pm – 7:50pm Moving Meditation
7:50pm – 8:05pm Sitting Meditation
8:05pm – 8:55pm Open Discussion
8:55pm – 9:00pm Sharing merit & conclusion