

# Introduction to

# Zazen



**6:30 pm, first Wednesday of the month**

No cost or preregistration

(Donations welcome!)

*Curious about Zen practice?*

*Been reading and want to take the next step into actual practice?*

*Experienced with Zen but new to Milwaukee?*

*Got a paper to write for class?*

Learn how to sit in the appropriate posture for zazen (seated meditation) on the cushion, kneeling supported by the cushion, or on a chair. Then try sitting for a period of zazen, simply maintaining upright posture and letting go of thoughts. You'll also learn our style of kinhin (slow walking) between periods of zazen. In addition, we'll take a look at zendo etiquette, the items found on the altar, and the role of the various bells and percussion implements within our practice.

The evening concludes with cups of tea for those who wish, and a sharing of observations about the experience of zazen. There's also time for your questions about the Zen Center and our schedule or about practice in general.

For complete information about our practice and events, visit

[www.milwaukeezencenter.org](http://www.milwaukeezencenter.org)

**milwaukee zen center**

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