

# Lightning Workshops



These one-hour sessions are designed to give a very brief, highly focused look at specific topics or activities relevant to our Sôtô Zen practice.

*Note: the 7:15 start time makes it possible to attend the first period of evening zazen prior to the workshop.*

October 19:  
*Oryokj: Basics and Beyond*

All levels of experience welcome. Learn the basics, brush up your skills, refine your technique, or delve more deeply into the practice of bowls that hold “just enough.”

November 16:  
*Creating your Home Altar*

Investigate the elements of a traditional Sôtô Zen altar, and consider how your home altar can support your practice.

December 21:  
*Getting to Know Nyohô*

The ideas of nyohô, “the dharma of thusness,” guide us in our choices about food, clothing and shelter. Find out how to reflect your practice in the things you eat, the clothes you wear, and the place you live.

For complete information about our practice and events, visit  
[www.milwaukeezencenter.org](http://www.milwaukeezencenter.org)

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