



# THE BASICS:

## How to Meditate and Practice Zen

A three-part series will be offered at Soji Zen Center on three consecutive Saturdays on September 25th, October 2nd and October 9th from 10:00 AM—11:30 AM.

Part I—September 25th “Right Practice”

Part II—October 2nd “Right Attitude”

Part III—October 9th “Right Understanding”

This series of instructions is designed to provide an overview of Meditation and Zen Practice. Jules Shuzen Harris Sensei of Soji Zen Center who has been practicing Zen Buddhism for almost 30 years will be leading these workshops.

If you are new to meditation and Zen practice or a seasoned practitioner, use this opportunity to explore and expand the many ways you can use this practice to free your mind.

**Pre-registration required:**

**Email: [registrar@sojizencenter.com](mailto:registrar@sojizencenter.com) or call 302-753-8681**

**3-Part Series \$60; \$50 paid in advance.**

**Onsite registration: \$25 per class.**

**Soji Zen Center, 2325 W. Marshall Road, Lansdowne, PA 19050**

**[www.sojizencenter.com](http://www.sojizencenter.com)**