



Victoria Zen Centre

4970 Nagle Road RR#6

Sooke, BC

V9Z 1C7

Introduction to Zen Meditation

If you are interested in learning how to meditate, this is the course for you. For people that are seeking to reduce stress, clarify a busy mind, improve focus and awareness, boost immune function, improve sleeping patterns, or gain insight into the mental, physical, and emotional habits that are preventing you from living life fully, this course offers a gradual combination of study and practice, individual and group interaction, and personal guidance that will provide a strong foundation to experience the profound change that Zen meditation practice offers.

Course calendar*

- Day 1:
- Introduction to basic meditation postures.
 - Introduction to the basic form of practice.
 - Three 15-minute periods of sitting and walking practice.
 - Informal tea and discussion.
- Day 2:
- Instruction for chanting and voice.
 - Chanting practice.
 - Three 20-minute periods of sitting and walking practice.
 - Informal tea and discussion.
- Day 3:
- Stretches and posture development.
 - Difficult thought patterns and emotions in practice.
 - Maintaining a strong practice.
 - Sangha support - the community of practice.
 - Two 25-minute periods of sitting and walking practice.
 - Informal tea and discussion.
- Day 4:
- Bowing, prostrations, and mudras.
 - Introduction to formal interview.
 - Two 20-minute and one 25-minute periods of sitting and walking practice.
 - Informal tea and discussion.

**Course content is subject to change without notice.*

Introduction to Zen Meditation courses in 2010 will be held on:

Saturday mornings 9:00-11:30am

January 16-February 6
April 3-24
October 16-November 6

Monday evenings 7:00-9:30pm

February 1-22
June 7-28
November 1-22

Participants must ensure that all course materials have been covered to successfully complete the Introduction to Zen Meditation course. If you are unable to attend a class for any reason, please contact the Zen Centre and arrange a compensatory session to cover the necessary material. The cost for compensatory sessions is \$75.

Fees for the Introduction to Zen Meditation course and materials are \$295. A non-refundable deposit of \$50 is required to reserve a seat, with the **balance due one week before the first day of the course**. Cash, cheque, VISA, and MASTERCARD are accepted, or you can pay by PayPal on our website. Cheques are payable to "The Victoria Zen Centre". There are no refunds.

Participants must purchase a black martial arts-style uniform before the first session. In Victoria we recommend Kata Trading, 670 Herald Street, call 250-382-5282. All jewellery and watches should be removed upon arrival, and perfumes and deodorants with strong scents should be avoided. Shoes or sandals that can be slipped on and off are also required for outdoor walking meditation.

Class size is limited to eight (8) participants.

Please complete and return the attached application form with your payment to:

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