



## Fundamentals of Zen Practice

Building on the foundation of training established through the Orientation to Zen course, you will be introduced to some of the fundamental teachings of Zen Buddhism. Online course work, training assignments, and one-on-one Skype meetings with Eshu Osho will inspire and demand you to take these teachings out of the realm of the conceptual and engage them in the day to day unfolding of our lives.

### Course calendar\*

- Week 1:     - Introduction to Sange (repentance/purification).  
              - Skype with Eshu Osho.  
                  - Q&A  
                  - Training assignment
- Week 2:     - Introduction to the Threefold Refuge (Buddha, Dharma, and Sangha).  
              - Skype with Eshu Osho.  
                  - Review of previous week's training assignment  
                  - Q&A  
                  - Training assignment
- Week 3:     - Introduction to the five Buddhist Sila (precepts).  
              - Skype with Eshu Osho.  
                  - Review of previous week's training assignment  
                  - Q&A  
                  - Training assignment
- Week 4:     - Introduction to the Four Bodhisattva Vows.  
              - Skype with Eshu Osho.  
                  - Review of previous week's training assignment  
                  - Q&A  
                  - Final assignment

\* Course content is subject to change without notice.

# Registration process

The Fundamentals of Zen is an online course, so Members can register at any time. Scheduling will be arranged for four classes, once a week for four weeks, at a time that is mutually convenient.

Completion either of the online Orientation to Zen Training Program + Practice Assessment, or of an Orientation consultation with the Zenwest Abbot, is a prerequisite for enrollment in the Fundamentals course.

Fees for the Fundamentals of Zen Practice course are included in the price of Zenwest Full membership. The price for Basic and Distance members is \$295, with a non-refundable deposit of \$50 required to confirm course times and the balance due one week before the course begins. Cash, cheque, or PayPal payments are accepted. Cheques are payable to "Zenwest Buddhist Society". There are no refunds.

Please complete and return the attached application form with your payment to: Zenwest Buddhist Society  
4970 Nagle Road  
Sooke, BC V9Z 1C7

If you wish to pay by PayPal, please visit <http://www.zenwest.ca/training.htm> or email [registrar@zenwest.ca](mailto:registrar@zenwest.ca) for further details.