

2010 Schedule

East West Meditation

Zazen Kai

A \$25 Donation is requested to support the East-West Meditation Program

Please make checks payable to Mercy Center



A Community Day of Sitting Meditation
Saturday before the 1st Sunday of the month
9:00 am-3:00 pm in the Rose Room
May 1, June 5, July 3

Please visit www.mercy-center.org or telephone 650.340.7454
for any updates to the schedule.

Sample Schedule

Morning

9:00 Zazen
9:30 Zazen / Dokusan
11:00 Chanting (Heart Sutra)/Zazen
11:30 Lunch* / Rest

*please bring a bag lunch

Afternoon

1:00 Zazen
1:30 Zazen / Dokusan
2:55 Great Vows for All
3:00 End

(Unless listed otherwise, Fr. Greg will teach the Zazen Kai Day)

Terminology

Zazen: *Sitting meditation 25 minutes of sitting in the Rose Room.*

Dokusan: *Private individual consultation with the teacher.*

Read Father Greg's Blog:

<http://integrallife.com/member/greg-mayers/blog>

Listen to Father Greg's Talks Online:

www.mercy-center.org/resources/GregMayersTalks.html

