

ZEN

❖ MEDITATION
INSTRUCTION FOR
BEGINNERS

❖ ONGOING PRACTICE AND
DISCUSSION GROUP

❖ PERSONS OF ALL
BACKGROUNDS WELCOME

❖ SPONSORED BY DAIYUZENJI RINZAI
ZEN TEMPLE, CHICAGO, ILLINOIS

INTRODUCTION TO ZEN MEDITATION AND
PRACTICE
EVERY SUNDAY, 10 AM TO 11 AM
AT
KYOSEIKAN DOJO
401 HALL STREET, SW
GRAND RAPIDS, MI 49503

FOR MORE INFORMATION:
VISIT WWW.WMAIKIDO.COM/ZEN.HTM

OR

E-MAIL MR. KEVIN HOLOHAN AT
TEACHERHOUSE01@AOL.COM