

Foundations of Practice

Third Thursdays throughout the year,
6:30-8pm:

Each session will include:

A physical practice

A conceptual inquiry

An application to daily life

This series is designed to support
you to establish and develop your
Practice :

§ To understand the foundational
teachings,

§ To participate in both formal and
informal practice opportunities,

§ To study the personal and the
cultural facets of the Soto
traditions.



Winter series, with a focus on

Form and Emptiness

January 16, February 20, March 19

- How do we participate with the ever-changing dynamic of life?
- How do we work with the seeming dilemma of difference and integration?
- How do the forms of Practice support our Sangha development?

Led by Gene and Cathy, through
March 2020

The series will continue
monthly throughout 2020
with Gene and various teachers.

Other dates throughout the year: April 16, May 21, June 18;

July 16, August 20, September 17;

October 15, November 19, December 17