



Zen

Buddhism & Meditation classes start on 1/8/2018

Come & join us at Zen Center of Sunnyvale

All classes are free and open to public

(donations welcome)

New Series of Zen Meditation and Buddhism Classes at the Zen Center

Where can we find peace of mind and true happiness?
How do we resolve conflicts and end suffering?

Come and join us in the New Session of Zen Buddhism classes!
Sign up online at www.ctzen.org/sunnyvale or in person.

Zen Meditation ☸ Fundamental Buddhist Principles ☸ Advanced Sutra Study			
NEW Level 1	01/13 - 04/07/2018	Sat 10:00-12:30pm	No prerequisites
Level 2	01/08 - 04/02/2018	Mon 7:30-9:30pm	Level 1 required
Level 3	01/10 - 04/04/2018	Wed 7:30-9:30pm	Level 1 & 2 required
Sutra Study 1 (The Sutra of 42 Chapters)	01/13 - 04/07/2018	Sat 4:30-6:30pm	Level 1 & 2 & 3 required
Sutra Study 2 (The Hundred Dharmas)	01/11 - 04/05/2018	Thu 7:30-9:30pm	Level 1 - 3 & Sutra Study 1 required
A.W.E.S.O.M.E. Children / Youth Class	01/20 - 04/07/2018	Sat 7:30-9:00pm	6-14 years old with parents

Zen meditation helps us attain an unbiased perception of reality. The key is to reflect inwardly and objectively. In this way, we can reach a clearer understanding of life's difficulties with true wisdom and peace of mind as the result.

- All classes are free and open to the public. We are supported by your generous donations.
- Feel free to call for information or visit in person.



Chung Tai Zen Center of Sunnyvale
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