



A DAY of ZEN MEDITATION

(ZAZENKAI)

Sunday November 11th, 2018

8:45am–4:00pm

Bellinghen Zen Group

With Zen Teacher Ellen Davison

You are invited to come and explore traditional Zen meditation. The day includes meditation instruction, Zazen (sitting meditation), chanting, a Dharma talk, and individual interviews. This is a wonderful opportunity to work with an experienced Western Zen teacher.

Ellen Davison Roshi is a Zen teacher in the Diamond Sangha lineage and leads meditation groups and retreats in both the Zen and Insight traditions. Ellen has worked as a psychologist and counsellor and emphasises the importance of applying one's meditation practice to all aspects of daily life.

Come and settle into the silence of this ancient tradition. Suitable for both beginners and experienced meditators.

Cost: Facility fee \$10:00 plus donation for the teacher

Location: Bellinghen Yoga Studio, 8 Crown Street, Bellinghen (entrance via rear lane)

BYO: Lunch (tea provided)

Contact: Vince for information and booking at bellinghengroup@gmail.com

This is a Tallowwood Sangha event. See our website at:

<http://tallowwoodsangha.org.au>