

Zen Meditation

Zen meditation can be a way to access the clarity and calm of one's original nature. Learn how to cultivate an awareness of body and breath that can help in coping with uncertainty and stress. This class is for those who wish to begin a meditation practice as well as for those who have already learned some basics and want to meditate in a group setting. We will begin each class with posture and breathing tips; there will be a combination of guided meditation, walking meditation, and silent meditation. At the end of the class there will be a short discussion period. Suitable for ages 14 and up.



Guiding Teacher: Conne Ralls has been practicing zen meditation for over 40 years and has experience in both Soto and Rinzai forms of zen practice. She was ordained a Zen priest in 2001 by Kobun Chino Otogawa Roshi. A retired park ranger, Conne enjoys nature, art, and learning how things interconnect.



Japanese Art & Cultural Center

Every Tuesday @ 7 PM

*At the Japanese Art & Cultural Center
4334 Moorpark Ave, San Jose, CA 95129*

www.jpnaarts.org

No advance sign-up or registration is required; just walk-in wearing something loose, comfortable, and warm. Please arrive by no later than 7:15pm in order not to disturb others during meditation. This is a 90-min class which ends at approximately 8:30pm. No in or out while meditation is in session, please. This class is FREE. Donations are welcomed and appreciated. JACC is operated by volunteers and supported by students, teachers, and community members.