

奥州禅苑
Arcata
Zen Group

Learn and practice Zen meditation techniques, both sitting and walking.

Listen to Dharma talks given by esteemed Zen teachers.

Explore the questions of Zen philosophy.

Experience the calm of a silent meditation retreat.

EXPERIENCE ZEN BUDDHISM



RS 394 - CRN 41074

1 Unit - Can be repeated for credit

For information, contact Sara Hart at

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