

Modesto Valley Heartland Zen

invites you to

“A Half Day Zen Retreat”

A Saturday Morning Introduction
to Zen Meditation and Zen Practice



Saturday, November 12
9:00 a.m. - 12:00 pm

The Church of The Brethren 2301 Woodland Avenue Modesto, CA

This half day retreat offers an introduction to Zen meditation and Zen Buddhist teachings.

Beginners and more experienced meditators are welcome.

The retreat will be led by Rev. Do'on Andy Young and Rev. Ezo Doug Wilson of the Modesto Valley Heartland Zen Group. They are ordained by Myoan Grace Schireson, the group's guiding teacher, and a Dharma heir in the Suzuki-roshi Zen lineage.

Refreshments will be provided, and ample time will be provided for questions and answers.

A \$25 donation is suggested; no one turned away
for inability to pay.

For more information, contact Rev. Andy Young at 535-6750 or Tom Hawkins at 480-7748.

modestozen.org