

Introduction to Zen Meditation and Mindfulness

A series of 5 classes

January 28 thru February 25, 2025

Location: Des Moines Zen Center

6901 SW 14th St., Des Moines

www.dmzencenter.org

Tuesdays:

Week 1: 7:00 – 9:00 PM

Weeks 2 thru 5: 7:00 – 8:00 PM

This class series provides an introduction to Zen meditation and mindfulness. It is primarily intended for beginners, but can also serve as a good refresher for experienced practitioners. It is open and applicable to people of all faiths.

The classes include instruction in Zen meditation, the cultivation of mindfulness following the ancient teaching on the Four Foundations of Mindfulness, and how to apply these teachings in our everyday lives, giving us peace, confidence, and stability in whatever we are doing and manifesting our best to others.

The classes will be co-taught by the Des Moines Zen Center's head teacher, Rev. Eishin Tom Houghton, and lay entrusted teacher Tina Yudo Thornberry. Each class will focus on one of the Four Foundations of Mindfulness. Each class will include periods of Zen meditation, a presentation by the teachers on one of the Four Foundations, suggested assignments for the following week intended to practice the Foundation discussed, and a sharing by participants of their experiences practicing the Foundations and Zen meditation. The hope is that each class is very interactive between participants and teachers. Participants are encouraged to attend all classes to meet and build relationships with others with similar interests.

Cost: The Des Moines Zen Center operates exclusively on free-will donations. A suggested donation for the series of 5 classes is \$50, although no one will be turned away for lack of funds. To register, please email dsmzencenter@gmail.com with your intent to attend the class.



DES MOINES
DEEP RIVER TEMPLE
ZEN CENTER

The Des Moines Zen Center, Deep River Temple, is committed to inclusivity and diversity and welcomes people from all walks of life, race, gender, sexual orientation, ethnicity, and religions.