

Brown Bag Zen

Exploring Zen Meditation and Teaching

Fridays, 12:15 to 1:15pm

**St. James Church
Corner of High & Hellam Streets
Monterey**



20-minute Meditative Sitting
10-minute Talk
Tea & Cookies Group Discussion



No charge – No reservations



"When you become you, Zen becomes Zen. When you are you, you see things as they are, and you become one with your surroundings."

—Shunryu Suzuki Roshi

Presented by Monterey Bay Zen Center 🌸 montereybayzencenter.org
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