



## Monterey Bay Zen Center Tuesday Evening Service

*To study the way of Buddha is to study the self. To study the self is to forget the self. To forget the self is to be enlightened by all things.*

— Dōgen Zenji

*Join us in sitting zazen, meeting each other,  
and integrating Zen practice and everyday life.*

6:30 to 8:30 p.m.  
Carl Cherry Center  
4th and Guadalupe  
Carmel, CA  
831-375-7826

- 40 minutes of sitting meditation (zazen)
- 10 minutes of walking meditation (kinhin)
- Service
- Dharma talk



*Arrive about 15 minutes early to find your place and settle in.*

*Morning meditation is also offered Monday and Thursday at 7 a.m.*

*Sitting instruction is offered at 5:30 p.m. the first Tuesday of each month.*



MBZC is a nonresidential Buddhist meditation community founded by Sobun Katherine Thanas and following the Soto Zen tradition brought to the United States by Shunryu Suzuki Roshi of San Francisco Zen Center and Tassajara Zen Mountain Center. We offer study and practice to diverse populations through public lectures, classes, and workshops. MBZC relies on suggested fees and donations to continue its mission. No one will be turned away for lack of funds.