

Joy of Zen Buddhism

a one-day retreat with Rev. Keiryu Liên Shutt

A message from the teacher: Are you interested in Zen Buddhism but have been intimidated or turned off by its formality and rituals? This one-day is a sharing of what I love about Zen Buddhism! Having practiced Zen in the U.S., Japan and Vietnam, I have seen and experienced different ways in which it can be expressed. The retreat will encompass sitting and walking meditations, Dharma talks and discussions, and opportunities to explore the forms in rituals. Historical, intentional and practical aspects of forms such as chanting and bowing will be presented, discussed and bodily experienced. Beginners in meditation are welcome to attend.

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

**Space is limited &
registration is required.**

Register at www.eastbaymeditation.org
or email admin@eastbaymeditation.org
for registration information.

**Open to all
Saturday, August 20, 2011
9:30 am - 4 pm**

East Bay Meditation Center
2147 Broadway at 22nd Street, Oakland
(near 19th Street BART)



Born into a Buddhist family in Vietnam, Rev. Keiryu Liên Shutt, began group sitting in 1996 in the Spirit Rock tradition of Insight Meditation. She is a founding member of the Buddhists of Color. Her Soto Zen training began in 2002 at San Francisco Zen Center's monastery at Tassajara. Ordained in 2005 with Zenkei Blanche Hartman Roshi, Liên has practiced in Japan, Thailand, and Vietnam. As a social worker working with formerly chronically homeless seniors, Liên's intention these days is sharing ways in which the deep settledness of traditional practices can be brought into everyday life.



**In order to protect the health of community members with environmental illness,
please do not wear fragranced products (including "natural" fragrances) or clothes
laundered in fragranced products to EBMC.**