

WALKING MEDITATION PRACTICE

NOVEMBER 12, 2009 | 11:50 AM – 12:25 PM

This is an opportunity for you to practice meditation in a group setting. It will include sitting style (can also be on a chair), the hand position, mantra, and other basic techniques.

The group will practice sitting (zazen) and walking (kinhin) meditation.

FREE FOR MEMBERS

Instructor David Forman-Barzilai, Ph.D. in Philosophy, has practiced meditation for the last 13 years, and loves it very much.

