

The Buddhist Community at Stanford presents:



November 9, 2013
9:30 am to 1:30 pm

Sanctuary Room
3rd Floor, Old Union

**Beginners
welcome!**

Meditation Retreat

With a dharma talk by
Myoan Grace Schireson

Sitting meditation . . . has been described as just waking up—we wake up to the intimate reality within which we had been dreaming our lives. Zazen practice harmonizes body, breath, and mind, so that bodily posture, breathing, and mind's activity become our most intimate companions.

Myoan Grace Sensei

For more info, contact Simon at sjwiles@stanford.edu

