

# YOKOJI ZEN IN LONG BEACH



## Zen Master Tenshin Fletcher Speaks On the Essentials of Zen Practice

Thursday, July 22nd, 7:00pm-8:00pm  
Reception with tea and snacks starting at 6:00pm

The Yokoji Long Beach Zen Group meets every Saturday from 9:00am - 11:00am. The program starts with an orientation, followed by two periods of seated meditation, and a talk on Zen practice.

The talk, and the regular Saturday meetings, take place at the First Congregational Church, located at 241 Cedar Ave, just South of 3rd Street in downtown Long Beach. Please enter the Church from the West side of Cedar, and there is free parking in the lot on the East side of Cedar (spaces marked "church").

This group is affiliated with Yokoji-Zen Mountain Center, a year-round international Zen training center in the local mountains. For more information about YZMC or the Yokoji Long Beach Zen group, go to [www.zmc.org](http://www.zmc.org) or call (951) 659-5272.

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