

YOKOJI ZEN GROUP

IN LONG BEACH/SOUTH BAY

Work Meditation: 9:00 AM – 9:30 AM
Meditation Instruction: 9:30 AM – 10:00 AM
Meditation/Zazen: 10:00 AM – 10:45 AM
Zen Lecture/Discussion: 10:45 AM – 11:30 AM

Every Saturday at the Catalyst Community Space, located at 430 East 1st Street, between Linden and Elm in downtown Long Beach. Visit the East Village Farmer's Market afterwards. Free parking on the corner of Elm and Broadway. Please join us for part or all of the morning's activities.



Program leader
Arthur WaYu Kennedy



This group is affiliated with Yokoji-Zen Mountain Center, an international Zen retreat center in the local mountains. For more information go to www.zmc.org or call YZMC at (951) 659-5272.

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YOKOJI ZEN GROUP IN LONG BEACH/SOUTH BAY

Farmer's Market Set-up:	9:00 AM – 9:30 AM
Meditation Instruction:	9:30 AM – 10:00 AM
Meditation/Zazen:	10:00 AM – 10:45 AM
Zen Lecture/Discussion:	10:45 AM – 11:30 AM

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This group is affiliated with Yokoji-Zen Mountain Center, an international Zen retreat center in the local mountains. Yokoji-Zen Mountain Center offers a weekly Sunday Morning program as well as monthly silent meditation retreats. For more information about YZMC programs or the Long Beach/South Bay group, go to: www.zmc.org, or call: (951) 659-5272.