

# Louisville Zen Center

## Introduction to Zen Meditation Workshop with Sensei Amala Wrightson

Saturday, October 12, 1:30 – 5:30 p.m., Unity of Louisville, 757 S. Brook Street



The Introduction to Zen Meditation is for those new to Zen meditation, wanting a refresher, or new to practicing with Louisville Zen Center. Because (re)starting in Zen isn't as simple as deciding to attend a new church on Sunday, this workshop provides an introduction to Zen theory, discipline and, most importantly, Zen practice.

For the workshop, please wear loose, comfortable clothing suitable for sitting on the floor. You may bring your own meditation equipment if you wish, but mats, cushions, and chairs will be available.

The workshop starts at 1:30 p.m. with a talk by Sensei Amala Wrightson on the basic principles of Zen Buddhism. At 2:30 we move to the floor for detailed instruction on the sitting postures used in Zen meditation (zazen). Besides the traditional Lotus posture, other cross-legged positions as well as kneeling (seiza), and the use of a chair are shown. Mindfulness of breathing is demonstrated, as well as walking meditation (kinhin), and procedures for group sitting. How to bring meditative awareness and mindfulness into one's daily activities is also discussed.

Following a tea break at 3:30, participants sit for two short guided periods of zazen, during which each person's sitting posture receives individual attention. We wrap up with tips on getting a regular sitting practice going, discussion of how to work with common pitfalls, and a general Q & A, finishing by 5:30 p.m.

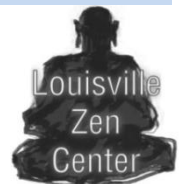
Handouts illustrating stretching exercises to improve flexibility as well as information about membership in Louisville Zen Center will be available for those interested.



Louisville Zen Center is honored Sensei Amala Wrightson, Spiritual Director, Auckland (New Zealand) Zen Center will be leading this workshop as well as the Zen meditation retreat (zazenkai) the next day. Sensei (meaning 'teacher') began Zen practice in 1982, was ordained a Zen Buddhist priest in 1999, and has been teaching since 2004. She was sanctioned as a full Dharma heir of Roshi Bodhin Kjolhede, Abbot of Rochester (NY) Zen Center, in 2012. Sensei Amala Wrightson is a member of the American Zen Teachers' Association (AZTA).

**Sensei will give a public talk on Thursday, October 10, 6:30 - 8:30 p.m., at University of Louisville, Ekstrom Library, Elaine Chao Auditorium, 2215 S. 3rd St. Free admission. Donations gratefully accepted.**

Louisville Zen Center is a sitting group of Rochester Zen Center. We offer beginning and continuing meditation instruction, group sittings, work practice, retreats, and other activities and events to support our members and the wider community. For more about us, visit our website at [louisvillezen.org](http://louisvillezen.org) and connect with us on Facebook.



To register, complete the workshop reservation form at <http://www.louisvillezen.org/guest-teacher.html> Mail payment (payable to Louisville Zen Center) and the form to Louisville Zen Center, P.O. Box 17532, Louisville, KY 40217 or e-mail to [louisvillezen@gmail.com](mailto:louisvillezen@gmail.com). Payment is \$25 (\$20 for members, seniors, and students with ID). Scholarships available. Free street parking on Brook and College Streets.