



BEGINNING ZEN PRACTICE

A CLASS WITH DAVID GUY

**Six Monday Nights, 7–8:30PM
February 16 to March 23, 2026**

Zen Meditation, or *zazen*, is the simple practice of being present with our experience. We hear the instructions in a matter of minutes but spend a lifetime learning the practice.

This class will introduce participants to *zazen* and give them support as they develop a daily sitting practice. We will also study other aspects of Zen, including walking meditation and protocol around the zendo.

Cost is \$60, payable the first night, and will be contributed to the Zen Center. Partial scholarships are available.

David Guy has been practicing meditation since 1991, and regularly offers instruction at the Zen Center. www.DavidGuy.org

For information, contact David Guy at davidguy@mindspring.com or (919) 641-9277, or visit www.chzc.org/beginzen.htm

CHAPEL HILL
ZEN CENTER 

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