

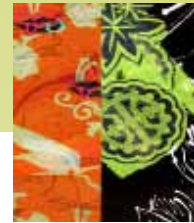


ZEN AND THE AWAKENED WAY

**A 5-part class at the
MISSOURI ZEN CENTER**

**220 SPRING AVENUE
WEBSTER GROVES**

**5 Wednesdays,
March & April, 2012
7:00 - 8:15 pm**



TOPICS TO BE COVERED

March 7 Buddha: What is Buddhism? Why is Zen needed?

How do you do zazen (sitting meditation)?

March 14 Dharma: What are the Three Treasures? What are dharma and karma?

March 21 Sangha: Limitless life, light, liberation and love; the Three Dharma Marks.

March 28 Samadhi/Concentration: Unconditioned peace, the four meditation stages.

April 4 Panna/Prognosis: Unsurpassed awakening, dependent origination, etc.

CLASS DESCRIPTION

The class will be given in five sections over the course of five consecutive Wednesday evenings.

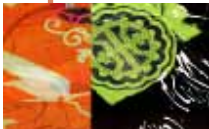
We recommend that you attend all five evenings. Each evening will follow a general outline of activities:

Dharma talk. Dr Yoshida's discourse on the topic for that evening.

Instruction and assistance in developing a comfortable sitting posture and proper mindset for doing zazen (seated meditation). Zazen will be done during each class.

Each evening will conclude with **Q & A.**

**The Missouri Zen Center depends largely upon donations
for its existence. A donation of \$40 is suggested for all five classes.**



To register, or for more details, please send an email to:
info@missourizencenter.org (preferred)
or call (314) 961-6138.

For more information about the Missouri Zen Center, visit

www.missourizencenter.org



ABOUT THE TEACHER

Dr. Rosan Yoshida received his Ph.D. and M.Ph. at Columbia University in 1977 and 1974

respectively. He founded the Missouri Zen Center in 1979. In 1982, he was ordained by Katagiri Roshi at the

Minnesota Zen Center. Rosan received formal Dharma transmission from Katagiri in 1989. In 1994, he completed

Zuise at Eiheji and Sojiji and registered at Soto School Headquarters as an ordained priest and teacher qualified to

transmit the Dharma overseas. He practices and teaches as abbot at the Missouri Zen Center, and recently retired

from a long teaching career at Toyo University in Japan, where he taught comparative religion and global ethics.

Dr. Yoshida has participated in the Parliament of World's Religions and Inter Action Council (OB Summit).