

# **ONE-DAY MEDITATION RETREAT (ZAZENKAI)**



Soji Zen Center's monthly one-day retreat (zazenkai) is a great way to experience a short, intensive meditation retreat. The day consists of zazen (seated meditation), kinhin (walking meditation), and dokusan (interview).

You are welcome to come for the entire day or any portion of it. Please bring your own lunch. Registration is not required. Donation: \$10.00.

**OCTOBER 20, 2018**

**10 AM—5 PM**