

Buddhist Meditation Society of Northern British Columbia

Room 104, Spruce Capital Building, 1717 Third Ave, (1 block from Books and Co.) Prince George.

<http://www.bmsnbc.com>

Introduction to Zen Practice

Friday April 7 2006, 7:00 pm to 9:00 pm

led by Eshin Osho

Open to members of the public who want to know more about Zen. Admission by donation (recommended donation \$5).

Space is limited, register early.



Please call and let us know if you plan to attend. Eshin trained at Mount Baldy Zen Center with Joshu Sasaki Roshi from 1980-1985 and is still with this teacher. During his time at MBZC he ordained and received the Buddhist name Eshin. He was recognised as an Osho in 1988 and is the Vancouver Zen center's first Abbot.

Zazen-Kai (Two Day Zen Retreat)

Saturday April 8 and Sunday April 9 2006

We request a \$75 donation to cover our expenses. Meals are included. Your generosity is appreciated. An introductory workshop, the introductory friday night session, or an evening practice session must be completed before we accept your application to attend the zazen-kai. Please call (250) 563-4199, or email buddhistinfo@hotmail.com for details and to register.

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