

Introduction to Zen Meditation and the Wet Mountain Sangha

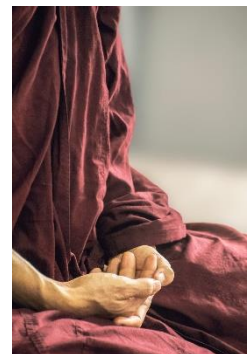
With David Cockrell

Saturday, November 9, 11:00 am – 12:30 PM MST
Immediately following the regular Saturday morning meditation
Center for Inner Peace, 740 W. 15th St., Pueblo

Perhaps you have come to a Wednesday night sitting of the [Wet Mountain Sangha](#) or have contemplated it. Maybe you have come to many Wednesdays! The silent meditation is luscious, but what does it all mean? How does it make sense as a path? What is the sangha all about? How does this fit into the larger world of Buddhism?



This one and a half hour workshop will provide basic instruction in meditation, including postures, cushions, techniques, and meanings. We will also discuss the basic practices and protocols of the sangha, and opportunities for participation. We'll talk about the sangha's lineage and how it fits into the larger picture of American Zen and Buddhism. There will be plenty of time for questions and conversation.



Beginners are welcome. Experienced practitioners are welcome. Everyone is welcome.

An RSVP to [David Cockrell](#) (719 994-3278) is appreciated.