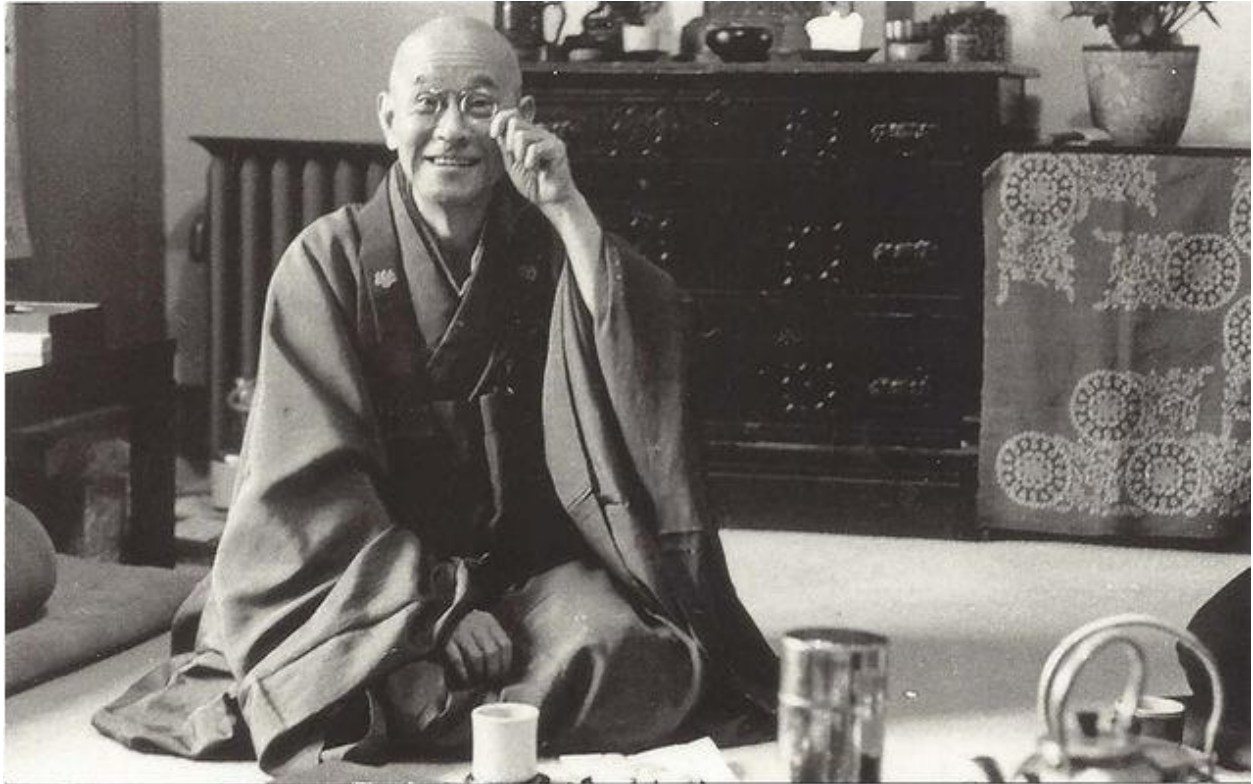


Zen Mind, Beginner's Mind (class), Online 2/15 - 3/22/23

"In the beginner's mind there are many possibilities, in the expert's mind there are few. "



Six Wednesdays, 5:30 – 7 pm PT : Online through the San Francisco Zen Center:

A six-week class, focusing on talks by Shunryu Suzuki Roshi, the foremost interpreter of Zen Buddhist practice in the West. All are welcome.

For over 50 years, practitioners have referred to the talks that comprise *Zen Mind, Beginner's Mind* as an inspiration to practice. Suzuki Roshi presents the basics of Zen practice in a way that is remarkably clear and resonates with the joy of insight into our everyday life.

In this class, we'll discuss the many insights of these talks, centering on the practice of zazen (sitting meditation): posture, breathing, and focused attention. With Suzuki, we will go beyond the basics of practice and encourage complete questioning and engagement with all things.

We will explore together our responses to Suzuki Roshi's teachings on practice as a description and a way of life, and share our experiences of cultivating "beginner's mind," sitting practice, and living in the world.

The practice of Zen mind is beginner's mind, so there is no need to have extensive exposure to Buddhism or Zen meditation to participate.

Zen Mind, Beginner's Mind is divided into three sections, roughly corresponding to body, relationship, and understanding. *Not Always So* is a further collection of Suzuki's most accessible talks. Participants are encouraged to obtain copies of these books from the SFZC bookstore and spend time reading in anticipation of our study together.

Teachers:

[Peter van der Sterre](#)

[Jennifer Block](#)

Practice Center:

[Online](#)

Date / Time: Through the San Francisco Zen Center Online Class Program
Feb 15, 2023 / 5:30pm - Mar 22, 2023 / 7:00pm

Description:

This class will be offered online. The Zoom link will be provided at least 24 hours before the class begins. Please call 415-354-0360 if you have any questions.

Click [Here](#) for a link to the official class announcement and Registration:
on the San Francisco Zen Center Website.

Fee Information:

- General \$225
- Current SFZC Members \$202.50
- Sliding Scale 1: \$135
- Sliding Scale 2: \$56.25

For additional discount options, please email us at rezoffice@sfzc.org.
Or call 415-354-0360.

[About SFZC Public Programs, Fees, and Cancellations](#)