

INTRO-ZEN WORKSHOP

Saturday, November 2, 2019
9 am - 3 pm



Learn the basics of Zazen meditation and how to extend its Stillness into Everyday Life. The workshop includes both instruction on Zen forms and informal discussions on Buddhist thought. The schedule includes short periods of seated meditation, outdoor walking meditation, discussions, and a vegetarian buffet lunch. \$55 fee members/ \$65 non-members



INSTRUCTOR:

Koten—David Price began formally practicing Zen at Sonoma Mountain Zen Center where he has lived as a student since 2006. During his residency he has served on the SMZC advisory board as Resident Representative, held the position of Tenzo (Head Cook) and Shissui (Work Leader).

Koten received Jukai from Jakusho Kwong roshi in 2007 and was ordained as a Buddhist Priest in 2012. He has also served as Shuso (Head Student) leading the 30 day intensive practice period in the winter of 2013, giving talks, providing interviews and guiding students through the daily schedule. Before coming to Genjo-ji, he spent 20 years as a professional cook and chef working in resorts and restaurants from Hawaii to Philadelphia.

Koten is a sportsman and enjoys hiking all throughout the Sonoma County and the North Bay.