

Totnes Zen Group

Zen Buddhism in Totnes

This summer, we are hosting the UK visit of Catherine Gammon, a priest from San Francisco Zen Center. We invite you to join our small local Zen Sangha to practise and study together, with Catherine, on

Friday evenings

9th July to 6th August

7.30 – 9pm

Totnes Natural Health Centre

***Please arrive before 7.30 pm,
as we will begin promptly.***

The evenings will include silent sitting and walking meditation, followed by a brief talk and group discussion.

For those new to Zen meditation,

Catherine will offer zazen instruction at 7 pm.

Please call (numbers below) if you wish to come for this.

If possible, we would prefer to know in advance that you will be coming.

To book a place, or *for more information,*
please call or text Josh on 07910 202368, or
call Francis on 01803 866735.

There is no charge to attend these events, but we invite you to give a suitable donation, suggested minimum: £4 per evening.

Totnes Zen Group is part of the Dancing Mountains Zen Sangha
www.dancingmountains.org.uk