



## DEEP PRESENCE:

**An Introduction to Zen Meditation**

**at the Zen Center of Syracuse  
Taught by Roko Shinge Sherry Chayat**

**Six Tuesdays, 6 - 7:30 p.m.  
February 2-March 9, 2010**

Instruction in sitting and walking meditation through awareness of breath and posture. Group discussion focuses on how we can break free of old patterns, and cultivate wisdom and compassion no matter how difficult the circumstances of our lives. Light refreshments.

**Register by January 22, by going online or sending a check for \$125 (\$85 for students, seniors) to the Zen Center of Syracuse, 266 West Seneca Turnpike, Syracuse, NY 13207. For more information, call 492-9773.**

[www.zencenterofsyracuse.org](http://www.zencenterofsyracuse.org)

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