



Calligraphy by Ikko
Narasaki Roshi
The True person of no rank.

JIKISHOAN

zen buddhist
community canberra

直証庵



ZEN MEDITATION: SUNDAY SANZENKAI (Every Sunday)

Jikishoan Zen Buddhist Community Canberra
holds regular meditation sessions (Sanzenkai) in Canberra
each Sunday

Where: Corroboree Park Community Centre
Paterson Street, Ainslie



Time:

- Arrive by 5.15 pm
- Meditation: 5.30 sharp to 7.30 pm
- Cushions and meditation mats provided
- An opportunity to meditate and connect with others

Cost: Donation: \$8.00 (students – \$4.00) to cover costs
of venue hire, insurance etc.

Any inquiries can be directed to Vaughan at:
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