

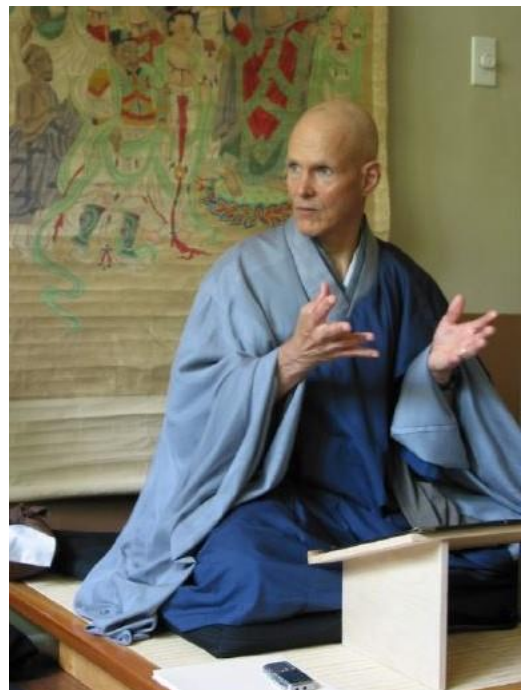
# Zen Meditation

## and World Transformation

### A Talk by **Reb Anderson**

Tenshin Reb Anderson is a Senior Dharma Teacher at the San Francisco Zen Center, where beginning in 1967 he practiced with his late teacher, Shunryu Suzuki Roshi. Tenshin Roshi grew up in Minnesota and has been visiting and leading Zen practice events here since the 1970s.

In this talk Tenshin Roshi will focus on the heart of zazen—Zen meditation practice—and how it relates to the innumerable challenges of living in the world.



Sunday, May 21, 2017, 9:00-11:15 A.M.

(9:00 zazen and walking; 10:00 talk)

Compassionate Ocean Zen Center

652 17<sup>th</sup> Avenue NE, Minneapolis, MN 55413

Offered by donation

**Compassionate Ocean Zen Center** is dedicated to the central practice of awakening. The activities of the Center cultivate awareness of the essential beauty and dignity of life coming from full engagement with life-as-it-is. The Center offers programs in Zen practice and study as well as programs in mindfulness and Mindfulness-Based Stress Reduction.



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