**Zen Buddhist Guided**

**Meditation Sessions**

**Wednesday, April 13th, 7:00 PM – 8:00 PM, Rm. 5414**

**Wednesday, April 27th, 7:00 PM – 8:00 PM, Rm. 5414**

**Wednesday, May 11th, 7:00 PM – 8:00 PM, Rm. 5414**

**Wednesday, May 25th, 7:00 PM – 8:00 PM, Rm. 5414**

We are bringing back Chan/Zen Buddhist Meditation, a simple and straightforward approach to understanding your mind, cultivating clarity and seeing through to the bottom of stress and anxiety.

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No registration required. Please arrive **five minutes** in advance. This event is **free**. Donations are appreciated.

For more information on the Dharma Drum Mountain Buddhist Association and its instructors, visit <http://www.ddmb.org>. For more information on the Chan Meditation Center, visit <http://chancenter.org/cmc/>