



Hammond Museum & Japanese Stroll Garden
28 Deveau Road | PO Box 326 | North Salem, NY 10560 | (914) 669-5033

Zen Meditation

Saturday December 1, 2018

10:00-12:00pm



Come join us for a morning of "Introduction to Zen Meditation" at the Hammond Museum.

The event will start with a short 10 minute instruction on Zen meditation. This will be followed with a 10 minute session of meditation followed by a 5 minute walking meditation and then another 10 minutes of meditation

Zen Master Paul Tesshin Silverman is the head Abbot of Tetsugyuji Zen Temple in Japan (www.tetsugyuji.com) and Yorktown Zen (<http://yorktownzen.org>) in Westchester County. He is a dharma lineage holder of the Sanbo Kyodan or "Three Treasures" school of Zen and is the first westerner to be named a head Abbott of a Zen Temple in Japan.

To Sign Up Call 914-669-5033 or
email:gardenprogram@yahoo.com

Admission: \$5 (members) \$10 (non-members)

