

Fresno River Zen Group

welcomes you to

“Beginner’s Mind”

An Introduction to Zen Meditation and
Zen Practice



Monday, September 12

6:30 - 8:30 pm

Unitarian Church 2672 East Alluvial Clovis, CA

Join us for an introduction and open house at our Zen group.
Instruction in Zen meditation and discussion of the place of Zen practice in daily
life will be led by Rev. Ezo Wilson of Valley Heartland Zen in Modesto
(www.modestozen.org).

Beginners and those returning to meditation are welcome.
Ample time will be provided for your questions and comments, and refreshments
will be served.

\$10 donation suggested; no one turned away
for inability to pay.

For more information,
contact Rev. Ezo Wilson at
(209) 534-1745.

For more information on Zen training in the Central Valley,
visit www.emptynestzendo.org