

Totnes Zen Group

presents a series of 4 talks on

Bodhicitta **The Mind of Awakening**

with Catherine Gammon from San Francisco Zen Center

Tuesday evenings

13th July to 3rd August

7.30 – 9pm

Totnes Natural Health Centre

Please arrive before 7.30pm, as we will begin promptly

We will begin with a short period of silent meditation and the talks will allow time for questions and discussion.

July 13th: Bodhicitta as Compassion

July 20th: Bodhicitta and Emptiness

July 27th: Practicing with Karmic Consciousness

August 3rd: Bodhisattva Vow and Grandmother Mind

This is an opportunity for those with an interest in Zen to deepen their understanding and practise.

We ask you, if possible, to book in advance to attend all 4 evenings.

To book a place, or find out more, please call Josh on 07910 202368, or Francis on 01803 866735

Entry by donation, suggested minimum: £4 per evening.

Totnes Zen Group is part of the Dancing Mountains Zen Sangha
www.dancingmountains.org.uk