

# GINZA HOLIDAY

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ZEN SHIN BUDDHIST MEDITATION SERVICE

All Are Welcome

Please join the Zen Shin Sangha of the Midwest Buddhist Temple for a weekly meditation service. Each Sunday, the temple, conveniently located in Old Town, offers a unique opportunity to learn and practice meditation in a gentle and supportive setting. We welcome all to share in our simple service designed to foster tranquility, mindfulness and kindness.

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ZEN SHIN BUDDHIST MEDITATION SERVICE

Sundays at 8:30 am  
Wednesdays at 6 pm

Midwest Buddhist Temple  
435 W. Menomonee St.  
Chicago, Illinois  
312.943.7801

We will be holding a Mind-Body Seminar on Saturday, Sept. 23. The seminar is a day of experiencing mind-body harmony through yoga, meditation, qi gong and taiko. We look forward to sharing the day with Rev. Koshin Ogui, who will be visiting MBT that weekend.

