



bluestone zen practice community

www.bluestonezen.com

Located at **Lake Superior Interfaith Community Church**
1414 East 9th Street, Duluth
(Access by the walk-in basement door on 14th Ave East)

ZEN MEDITATION & CLASS SCHEDULE

Sunday Evening

<u>Sitting Meditation (Zazen)</u>	6:30 pm
<u>Walking Meditation (Kinhin)</u>	7:05 pm
<u>Sitting Meditation</u>	7:15 pm
<u>Walking Meditation</u>	7:50 pm
<u>Sitting Meditation</u>	8:00 pm

Thursday Evening

<u>Sitting Meditation</u>	6:00 pm
<u>Foundation Studies Class</u>	6:45 pm

Saturday Morning

<u>Sitting Meditation</u>	6:00 am
<u>Walking Meditation</u>	6:35 am
<u>Sitting Meditation</u>	6:45 am
<u>Walking Meditation</u>	7:20 am
<u>Sitting Meditation</u>	7:30 am

*The meditation offerings are free and open to the public.
Please plan to be in the meditation hall at least 5 minutes before the scheduled sitting time.*

Contact rick@bluestonezen.com to arrange meditation instruction.

See www.bluestonezen.com for current classes and events.