

# upcoming MEDITATION|



## CHAIR MEDITATION:



Join us for free Seiza Quiet-sitting meditation classes at CCNY CWE, with 1-hour sessions instructed by Buddhist Minister Reverend Miki Nakura, from the Higashi Hongan-ji temple in Kyoto, and the Jodo-Shinshu Shin-Buddhist New York Sangha.

### SEIZA MEDITATION

Seiza meditation is a universal method of sitting and breathing quietly with a goal of experiencing a peaceful and present-focused life. We sit in a chair or on a floor cushion while maintaining proper posture, breathing, and putting full strength into the lower belly. Seiza helps the mind and body to become stable and calm. It guides us to self-harmonization and inner peace.

### WHEN/WHERE

**IN PERSON  
ON WEDNESDAYS**

**3 - 4 PM | CCNY CWE  
Room 7-22**

**FEB. : 18, 25**

**APR. : 8, 15, 22, 29**

**MAY. : 6, 13, 20**

**JUN. : 3, 10, 17, 24**

Division of Interdisciplinary Studies  
at the Center for Worker Education

 The City College  
of New York