

## **Thank you for expressing interest in one of our Intro to Zen days at Korinji Monastery**

The purpose of this open house is to allow local community members to visit our monastic residence and experience something of the life we live here. During your visit, our abbot Meido Moore Roshi will give a short talk including introductory instruction in meditation (which you will then be able to continue practicing at home, if you like).

Here is the information you'll need to visit us:

### 1. Schedule:

10am - 12pm. Please plan to arrive around 9:30, as that will give you time to park, walk the trail to our monastery, and get settled.

### 2. Directions:

Our parking area is at S470 Hirst Road, Reedsburg WI. Entering that address into Google Maps or a GPS will get you right there, but you won't see much...just woods, and our blue fire number sign "S470" at the entrance to our graveled parking area. Please pull in and park (do not park on the side of the road, as will likely be towed!).

At the rear of the parking area is a sign pointing you toward a stone-lined trail leading down steps into the woods...follow this trail, and after a short walk you'll arrive at our gate (you can't get lost). Please watch your step on the trail, especially if the weather is wet!

After passing through our main gate you'll come uphill to our buildings. The first building you reach is where we'll meet, and we'll be there on the porch to greet you.

### 3. What to wear:

When we practice meditation we sit on the floor on cushions. Please wear something casual and comfortable (you'll remove your shoes, so footwear is not a concern). If you have difficulty sitting on the floor we can also provide you with a chair.

At the end of our time together, we'd like to invite you for tea/coffee in our residence, during which our abbot will also be able to answer any questions you have.

There is no cost for the Intro to Zen Day. Since our monastery is supported by donations, we have a donation box set out and you are very welcome to contribute if you like.

Finally, if you are interested in meditation and Zen practice in general, you may like to read the book authored by Meido Roshi which is available on Amazon. It contains a detailed introduction to Zen Buddhist teaching and meditation, especially written for beginners:

<https://www.amazon.com/Rinzai-Zen-Way-Guide-Practice/dp/1611805171>

Please email us with any questions about the Intro to Zen day. You are also welcome to invite anyone else that you think might be interested.

We look forward to seeing you at Korinji!