

Be Here • Be Now

A Zen Approach to Mindfulness ~Taught by Cody Miller

February 14th - March 21st
6 Tuesday Evenings, 7 pm to 9 pm
with Half-Day Sitting, March 18,
8:30am - 1:30pm

Sacramento Dharma Center
3111 Wissemann Drive
Sacramento, CA 95826



Join us for this Zen inspired introductory class on mindfulness, the art of giving kind attention to the unfolding present moment. We will explore how to cultivate the skill of attending to the present in relation to our experience of the body, mind, and world. Cody will combine instruction/lecture with experiential learning through guided meditations, small group dialogues, and question & response. The class is intended for those that are new to mindfulness and for those who wish to refresh this foundational practice. Cody will draw on his own experience, and on sources such as Suzuki Roshi's *Zen Mind, Beginner's Mind* and Nyanaponika Thera's *The Heart of Buddhist Meditation*.

Cody Miller began practicing in the Soto Zen lineage of Shunryu Suzuki at the San Francisco Zen Center in 2015 while obtaining a BA in Philosophy and Religion. He was lay ordained in 2016 through Anshin Rosalie Curtis and began practicing with Valley Streams Zen Sangha in 2020. When not working at the clinic as a Doctor of Chiropractic, he enjoys wandering in nature with his wife and son.

To register, please search the class title on Eventbrite.com. To inquire further, please email Cody directly at codymillermsr@gmail.com. Registration and instructor donation are requested on a sliding scale of \$50 - \$100 for the six classes. Please consider your contribution as an opportunity to be generous to our instructor, who is preparing a meaningful learning experience for each student over the six sessions. No one will be turned away for lack of funds. Please use the above email address if a scholarship will allow you to attend the series, and consider how you might be able to offer help with set-up, clear-up, or other tasks. We're glad you are interested in the class!

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