

ZEN FOR YOUNG ADULTS

This is a class geared towards younger people who are trying to navigate this pretty messed up modern world. Who don't identify with the stereotype of a serene Buddhist, but realize that trying to live a life of compassion and reality is way saner than numbing themselves with food, drugs, or the latest Amazon Prime purchase. It is for everyone - people who are struggling, who wonder what this all means, who feel displaced in one way or another, tattooed freaks who feel they might not fit in with Buddhism and those that just want to find a new way of living.

Join us for an introductory class, specifically designed for newcomers interested in Zen practice and meditation. The zendo provides a safe place for your hard or not-so-hard questions, where Zen practice is honest, relevant and applicable to your life in 2024.

This **6 week** class will run from **Monday evenings May 6th-June 10th starting at 6:00pm**, and will offer 15min of meditation instruction, 20min of meditation, and then a round-table discussion on a teaching or concern that people want to talk about, ending with an optional sutra chant. The class will be led by Gigen Mark Hollingshead and supported by one of the Ocean Gate's guiding teachers, Rev. Daijaku Kinst.

Contact us at Hollingsheadmark@yahoo.com

 ***Ocean Gate Zen Center***

The address for this class is **920 41st Avenue, Suite F (enter from parking lot) Santa Cruz, CA**



Mark has been practicing zen for 25 years. He has a BA in Religious Studies from SAC State. Mark went through Lay Ordination in 2017 and Novice Priest Ordination in 2023. He has been studying at Ocean Gate Zen Center for over 10 years.

