**Northern California Koyasan Temple**

**1400 U Street**

**Sacramento, CA 95818-1417**

**Introduction to Sutra Tracing**

The Buddhist practice of Shakyo (tracing the sutras) is an ancient form of meditation to calm the mind and relieve stress. The Heart Sutra is a popular sutra in Mahayana Buddhism. The sutra states, “form is emptiness, emptiness is form.” Rev. Kanpo Mimatsu will introduce the Heart Sutra, practice breathing to calm the mind and body, being mindful, practice patience, and trace the Chinese characters or Romanized words of the Heart Sutra. You do not have to be Buddhist or have good penmanship to attend this workshop.

Dates: April 8, May 13, June 10

Time: 1:00pm – 3:00pm

Where: Koyasan Temple Social Hall

Limit: 20 participants

Cost: $40 members; $50 nonmembers

 Can pay by Venmo, PayPal, or cash/check

Supplies: Provided by the Temple

Everyone is welcomed. If interested, please submit the form below by April 1st. Payment will be made at the first session. Contact Rev. Mimatsu at (916) 444-0111 or email:**info@nckoyasan.org**if you need further information.

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Introduction to Sutra Tracing

Name:

Email:

Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

For office use

Cash/Check \_\_\_\_\_\_ Venmo\_\_\_\_\_\_PayPal\_\_\_\_\_\_ Amount $\_\_\_\_\_ Date Rec’d: \_\_\_\_\_\_\_