



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. Rev. Kanpo Mimatsu will introduce the Heart and Lotus Sutras, practice breathing to calm the mind and body, being mindful, practice patience, and you will trace the Chinese characters or Romanized words of either the Heart or Lotus Sutra. You do not have to be Buddhist or have good penmanship to attend this workshop.

Dates: Saturdays, March 30, May 11, June 8, 2024
Time: 1:00pm - 3:00pm
Where: Koyasan Temple Social Hall
Limit: 20 participants
Cost: \$40 members; \$50 nonmembers
Can pay by Venmo, PayPal, or check
Supplies: Provided by the Temple

Everyone is welcomed. If interested, please submit the form below by March 22nd. Payment can be made at the first session. Contact Rev. Mimatsu at (916) 444-0111 or email: info@nckoyasan.org if you need further information.

Introduction to Sutra Tracing

Name: _____

Email: _____

Phone: _____

For office use

Cash/Check _____ Venmo _____ PayPal _____ Amount \$ _____ Date Rec'd: _____