



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. Myokyo Shigemitsu Coy will introduce the Heart Sutra, practice breathing to calm the mind and body, being mindful, practice patience, and you will 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: Saturdays: March 29, May 10, June 7, 2025
 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. Coy 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: _____