

PRACTICAL BUDDHISM FOR TEENS

A Zen class specifically for teens, grades 7-12

Building on our work last year in the Coming of Age program, we will continue to explore our values and build connections to the community. Each week we will explore one of the Sixteen Bodhisattva Precepts. We will invite special guest teachers from the Twin Cities Zen community to speak to the class.

The format of the class is interactive: after a short formal talk, we will break up into small groups where the teens can have a discussion with their peers. We then bring questions and insights back to the full group. Each class will start with some meditation.

The Precepts are “where the rubber meets the road” in Zen; where our practice meets the big, wild world. At the same time, the Precepts are not harsh rules to fret over, but guideposts and tools that help us approach our lives with confidence. Students will be encouraged to think and see for themselves how these ideas may be helpful to them.

Students will be asked to do a community service project of their choice, to put their principles into action. They will also collaborate on making a yearbook for the class; each student will receive their own copy.

This class is open to all interested teens in grades 7-12. Although we will practice some Zen forms, you need not consider yourself a Buddhist.



**Meets every Sunday from
12:00 - 1:45 p.m. at Clouds in
Water Zen Center.**

2018 Dates:

September 23 – November 11

2019 Dates:

January 27 – March 24, 2019

No meeting on Sunday, Feb. 17

Interfaith Youth Day of Service on Feb. 18

*Closing Ceremony on Sunday, May 5,
9:00-10:30 am*

**Suggested Donation for the Youth
Practice year:** \$125 for one teen, \$200
for two teens, \$250 for three or more.
These are the suggested amounts,
please pay what you can.

Questions? Contact
kikan@cloudsinwater.org

Information and registration online:
<http://cloudsinwater.org/youth-practice/>