

# MEDITATION AND DHARMA SESSIONS

AT MANTOKUJI SOTO ZEN MISSION ON SUNDAYS, 4:00-5:30 PM,  
LED BY DHARMA TEACHER, THERESE FITZGERALD.

**EVERYONE IS WELCOME**

Sessions begin with a discussion of foundational Buddhist teachings  
that help and support us in our daily lives,  
followed by two twenty-minute periods of meditation with walking meditation in between.



Mantokuji temple zazen room



Therese Fitzgerald trained at San Francisco Zen Center  
and Tassajara Mountain Monastery in California.  
She was ordained as a Soto Zen priest by  
Richard Baker-roshi in 1986.  
Therese also trained with Thich Nhat Hanh and  
received Dharma teacher ordination by him in 1994.