

# THE *Shinnyo* CENTER

for Meditation and Well-being

19 W 36th St, New York NY 10018 212-868-9838 [shinnyocenternyc.org](http://shinnyocenternyc.org)

## February 2019

Open Tuesday, Thursday and Friday 12pm to 8pm. Wednesday 12pm to 5pm. Saturdays 10am to 5pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	2 <b>Intro to Med 10:30</b> Shinnyo Guided Meditation 12:00 🎬 1:15	3
4	5 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	6 OPEN 12:00 - 5:00	7 Shinnyo Archive Meditation 12:15,1:00 🎬 6:00	8 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	9 Shinnyo Guided Meditation 12:00 🎬 1:15	10
11	12 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	13 OPEN 12:00 - 5:00	14 Shinnyo Archive Meditation 12:15,1:00 🎬 6:00	15 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	16 Shinnyo Guided Meditation 12:00 🎬 1:15	17
18	19 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	20 OPEN 12:00 - 5:00	21 Shinnyo Archive Meditation 12:15,1:00 🎬 6:00	22 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	23 Shinnyo Guided Meditation 12:00 🎬 1:15	24
25	26 Shinnyo Guided Meditation 12:15,1:00,5:45,7:00	27 OPEN 12:00 - 5:00	28 Shinnyo Archive Meditation 12:15,1:00 🎬 6:00			

**Shinnyo Guided Meditation** Shinnyo Guided Meditation is structured by a session leader or guide who speaks in clear conversational instruction that helps the participant to relax the body and focus the mind.

**Shinnyo Archive Meditation** Shinnyo Archive Meditation revisits some of everyone's favorite Shinnyo Guided Meditation themes from our recorded Archives.

**Intro to Meditation** Held the first Saturday of each month this 45-minute introduction is designed for people who are new to meditative practices. The session is led by a Shinnyo Guided Meditation instructor and includes explanation, opportunity for questions and discussion, and a guided meditation.



**Shinnyo Feature Film** "The Vision and Art of Shinjo Ito" This film explores the process by which Shinjo Ito, founder of Shinnyo Buddhism, sculpted his greatest milestone: a 16-foot reclining image of the Buddha. In Shinjo Ito's own words: "What I seek to create is not just the physical form of a Buddha figure. My purpose for sculpting them is to inspire and motivate everyone to find the enlightened (Buddha) nature within their own selves and grow spiritually." Film times: Thursdays @ 6pm & Sat 1pm.