

MANRESA GALLERY presents  
Meditation and Dharma Talk Series: The Art of Meditation



**A Four Part Series of Zen Buddhist Meditation Sittings  
Thursdays / 6-7:30pm at Manresa Gallery**

**The Art of Meditation** is a series of meditations and dharma talks that seek to explore the art of meditation and the intersection between art and meditation. Using the exhibition *Sacred Synergies: Works by Tobi Kahn* as a platform, each meeting will consist of a brief meditation instruction, meditation sitting and a talk followed by open discussion. Meetings will be held in a different alcove of the gallery each week, using Kahn's artwork and the gallery environment as a portal of entry into dharma talks. No previous experience is required. Donations will be accepted.

**January 20 / Introduction to Series and Meditation**

The first meeting of this four part series will set the stage for the following weeks talks with Cynthia Kear, Tova Green, and Julia Ten Eyck giving an overview of the program and meditation instructions. There will be a sitting for 15 minutes followed by a short talk by each weeks leader. Participants will have an opportunity for Q & A.

**January 27 / Tova Green**

Jisan Tova Green is Zen priest and a hospice social worker. She was ordained by Eijun Linda Cutts in 2003 and has been a resident of San Francisco Zen Center for the last twelve years. Tova has played cello since the age of 10 and writes, photographs and paints water colors.

**February 3 / Julia Ten Eyck**

Gyoji Julia Ten Eyck is a Zen priest in the lineage of Shunryu Suzuki-roshi. She has had a meditation practice for many years, and was ordained by her Zen teacher, Rev. Darlene Cohen, in 2010. She is president of the Board of Directors of Hartford Street Zen Center, is active in Dharma Lawyers, and is currently a student in the Shogaku Zen Institute on-going priest training program. A published writer and poet, she has played piano since the age of 8. She is an attorney and mediator in solo practice in San Francisco.

**February 10 / Cynthia Kear**

Cynthia Kear (Horyu Ryotan) is a Zen priest and Dharma Heir of Darlene Cohen. In addition to leading several sanghas, she regularly gives talks and workshops throughout the Bay Area. Cynthia is a published novelist and poet and deeply enjoys photography. She is Senior Vice President of the California Academy of Family Physicians and is drawn to "market-place" practice.

**Manresa Gallery** presents traditional and contemporary art that celebrates and reflects a diversity of faiths.

It provides a space for local and international artists to contemplate and expand spiritual practices through artistic expressions. The Meditation and Dharma Talk Series is a program of the exhibition *Sacred Synergies: Works by Tobi Kahn*.

For more information please contact:

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