

# BLOOMINGTON/NORMAL ZEN GROUP

A zen buddhist meditation group in Bloomington/Normal, IL



## ZUIKO REDDING

Soto Zen priest and  
Guiding Teacher,  
Cedar Rapids Zen Center

**Friday, April 17, 2015**

**7:00 – 9:00 pm**

Meditation

Dharma Talk by Zuiko Redding

Refreshments

*Both cushions and chairs will be provided*

**Main Street Yoga Studio**

**418 N Main Street, 2<sup>nd</sup> Floor**

**Bloomington**

(Enter through the blue door)



Zuiko Redding grew up in Texas where she encountered Zen as a university student. She studied in Milwaukee with Tozen Akiyama and in Minneapolis with Dainin Katagiri. In 1992 she was ordained in Japan by Tsugen Narasaki. She remained to practice under his direction at Zuioji Monastery and its mountain training center, Shogoji. She received certification as a teacher in the Soto tradition from Rev. Narasaki in 1996 and returned to the US in 1997. She has done monastic practice at Hokyoji in southern Minnesota. She is also a member of the American Zen Teachers' Association and of the Association of Soto Zen Buddhists. She is currently the resident teacher at the Cedar Rapids Zen Center in Cedar Rapids, Iowa.

*This is a free public event, donations will be accepted.*

For more information: [bnzengroup@gmail.com](mailto:bnzengroup@gmail.com) | 815-617-9360 | <http://bnzengroup.wordpress.com>