

THE BUDDHIST COUNCIL OF NEW YORK is an association of Buddhist Temples and organizations whose mission is to foster dialogue, cooperation and unity within the Buddhist Community in the New York area. Individuals and Buddhist temples & meditation centers are welcome to join BCNY!
www.buddhistcouncilny.org/
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Mindful NYU provides opportunities for students to learn meditative practices, build community, and explore life's most fundamental questions. All are welcome.

NYU Office of Global Spiritual Life
238 Thompson Street, Fourth Floor
www.nyu.edu/spiritual.life

MEDITATE NYC

Saturday, October 3, 2015, 10:30 AM - 3 PM

NYU Center for Spiritual Life



*Find the Meditation Practice
That is Right For You*

Followed by meditation center open houses all over NYC



MEDITATE NYC is sponsored by
The Buddhist Council of New York and
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Buddhist Council of New York
NYUCenterForSpiritualLife

Meditate NYC 2014 Program

- 10:30 Walking Meditation in Washington Square Park
Rev. Qalvy Grainzvolt, Shinnyo Buddhism
- 11:00 Introductory Silent Meditation
- 11:10 Opening and Introduction
Ven. T.K Nakagaki, President, Buddhist Council of NY
- 11:20 Ven. Khenpo Pema Wangdak, Palden Sakya Centers
- 11:40 Reka Prasad, MindfulNYU
- 12:00 Panel Discussion
Roshi Janet Jiryu Abels, Still Mind Zendo
Ven. Dhammadipa, Abbot of Temple of Enlightenment
Rev. Doyeon Park, Won Buddhism
- 12:50 Intermission
- 1:10 John Schneider, Ashtanga Yoga Instructor
- 1:30 Ven. Pinnagala Pangnatissa, Staten Island Buddhist Vihara
- 1:50 Panel Discussion
Rev. Robert Kaku Gunn, Hoshi, Ph.D.
Ven. Chang Ji, Dharma Drum Mountain Buddhist Association
James Lynch, Rissho Kosei Kai
- 2:40 Closing Words and Acknowledgements
Michael Hurder, Chogye International Zen Center
- 2:50 Metta Meditation by All Teachers

Thursday, October 8

- 6:30 - 8 pm **Chogye International Zen Center** www.chogyezencenter.org
400 East 14th Street, #2D · info@chogyezencenter.org
(please arrive 5-10 minutes before start time)
- 6:30 - 8:30 pm **Village Zendo** www.villagezendo.org
588 Broadway, Suite 1108, NY · signup@villagezendo.org

Friday, October 9

- 7:00 - 9:00 pm **New York Insight Meditation Center** www.nyimc.org
28 West 27th Street, 10th Floor · info@nyimc.org

Saturday, October 10

- 10:30 - 11:15 am **The Shinnyo Center** www.shinnyocenternyc.org
19 West 36th St. · info@shinnyocenternyc.org



Sunday, October 4

11:00 am - **Won Buddhism of Manhattan** www.nyc.wonbuddhism.org
 12:15 pm 431 East 57th St. NY, NY 10022 · nyc@wonbuddhism.org

Monday, October 5

7:00 - **The Mindfulness Project at NYU** www.nyu.edu/spiritual.life
 8:00 pm 238 Thompson St. 4th floor, Room 461 · mindfulness@nyu.edu

Tuesday, October 6

6:30 - **Chogyesa Temple of New York** www.nychogyesa.org/
 8:00 pm 42 W. 96th street · nychogyesa@gmail.com
 6:55 - **Still Mind Zendo** www.stillmindzendo.org
 9:00 pm 37 W. 17th St. (Between 5th & 6th) · info@stillmindzendo.org
 7:00 - **New York Insight Meditation Center** www.nyimc.org
 9:00 pm 28 West 27th Street, 10th Floor · info@nyimc.org
 7:00 - **The Mindfulness Project at NYU** www.nyu.edu/spiritual.life
 8:00 pm 238 Thompson St. 4th floor, Room 461 · mindfulness@nyu.edu
 7:00 - **Shambhala Meditation Center of NY** www.ny.shambhala.org
 9:00 pm 118 West 22nd Street, 6th Floor

Wednesday, October 7

7:00 - **Palden Sakya Centers** www.vikramasila.org
 9:00 pm 4 W. 101 St., #63 · paldensakya@vikramasila.org
 7:00 - **The Mindfulness Project at NYU** www.nyu.edu/spiritual.life
 8:15 pm 238 Thompson St. 4th floor, Room 461 · mindfulness@nyu.edu
 8:00 pm **Diamond Way Buddhist Center** www.diamondway.org/ny/
 114 E 28th St #1 · newyork@diamondway.org

Reverend Qalvy Grainzvolt is the youngest ordained Shinnyo-en Buddhist minister in North America. He currently serves as a U.N. and interfaith representative for Shinnyo-en, and he is the assistant secretary of Religions for Peace USA. He is a native New Yorker; becoming a member of the clergy in 2002 and serving as both a dharma teacher and meditation guide."

Venerable Khenpo Pema Wangdak, In 1982, he was sent to the West by His Holiness Sakya Trizin, as the first of the younger generation of Tibetan teachers in America from the Sakya School. In 1989 Lama Pema founded the Vikramasila Foundation. The Foundation encompasses the Palden Sakya Centers in New York City, Woodstock, NY, Philmont, NY, Englewood, NJ, Springfield, VT, Portland, ME, and Dayton OH. The Palden Sakya Centers offer courses in Tibetan Buddhist studies and meditation. Lama Pema is the creator of "Bur Yig"--Tibetan Braille, and the founder of Pema Ts'al (English for Lotus Grove) Schools in Mundgod, India (for Tibetan lay children); Pokara, Nepal (monastic schools for boys); and Pema Ts'al School in New York City, with a curriculum modeled on that of Sakya College, India. Khenpo Pema was recognized with the title of "Khenpo" by His Holiness Sakya Trizin in 2007. He received the distinguished "Ellis Island Medal of Honor" award by the National Ethical Coalition of Organizations in May, 2009 at Ellis Island for his humanitarian work around the world. Khenpo Pema is the first Tibetan ever to have received such an award. Khenpo Pema has been guiding Western students for over 30 years, and he continues to travel and teach extensively to Dharma centers around the world.

Reka Prasad manages and runs MindfulNYU, mindfulness programming at New York University, through the Office of Global Spiritual Life. She is a native New Yorker and also works as a psychotherapist, facilitator, researcher, and consultant for non-profits, universities, and businesses. Reka is a trained family and couples therapist who sees people of all backgrounds for individual therapy and specializes in couples work, divorce recovery, young adults, and people of color. Buddhist principles are the foundation of her relationships with clients. A long time meditator, Reka is a practicing Buddhist in the Theravada tradition and has studied through the Barre Center for Buddhist Study. She is on the Diversity Committee at New York Insight and has spoken about mindfulness and led guided meditations in a variety of settings.

Teachers

Roshi Janet Jiryu Abels is the founder and co-resident teacher of Still Mind Zendo New York City. She has been a teacher in the lineage of Taizan Maezumi Roshi and the White Plum Asanga since 2000, when she became a dharma successor of her teacher, Roshi Robert Jinsen Kennedy. In April 2015, she received *Inka* from Roshi Kennedy and was given the honorific title of *Roshi*. Previously, she was a spiritual director for more than 12 years and worked as a community organizer and peace activist. Still Mind is a member of the Buddhist Climate Action Network (BCAN) and promotes climate issues among its members.

Venerable Dhammadipa, is Vice President of The Buddhist Association of the United States and Abbot of the Temple of Enlightenment in Bronx, NY. He was born in Taiwan and grew up in Malaysia. In 1987, he received his full ordination as a Bhikkhu monk in Sri Lanka under Ven. Prof. Dhammajoti. He received his degree in Buddhist Studies from Buddhist and Pali University and his master degree in Buddhist Philosophy from Kelaniya University in Sri Lanka. In 2005, he successfully completed a Ph.D. degree in Theology and Religious Studies at the University of Bristol, U.K. His special preferences are in Abhidhamma and meditation practices, and he often stress the importance of the meditation in society.

Rev. Doyeon Park is a *Kyomunim*, literally meaning one who devotes oneself to teach Buddha dharma in the Won Buddhist tradition. She has served as a minister of the Manhattan Won Buddhist temple since 2008. Also, she is the Buddhist chaplain at Columbia University and New York University. Rev. Doyeon focuses on creating a sangha (spiritual community) where various individuals and groups can cultivate their inner wisdom and compassion to live with peace and dignity based on the teachings of Won Buddhism. Realizing the interconnectedness of all through her spiritual practice, she is also actively engaged in interfaith dialogue and cooperation to promote mutual understanding and respect among different religions. Inspired by the Buddhist idea of inner freedom and happiness, Rev. Park started her monastic training in 1998. She graduated from Dept. of Won Buddhism, Won Kwang University, Iksan, Korea and earned M.A. of Won Buddhist Studies from Won Institute of Graduate Studies, Glenside, Pennsylvania, USA. She received full ordination in 2007.

John Schneider was a student of Zen Master Seung Sahn beginning in 1986. Practicing with several of his dharma heirs in the Kwan Um School of Zen since then, He now is a student of Zen Master Wu Kwang Richard Shrobe. He also began studying yoga in the late 80's. He has been practicing Ashtanga yoga daily with Eddie Stern for the past 10 years and has studied in India. In 2012 he was given a Level 2 authorization from Sharath Jois to teach Ashtanga yoga. He currently teaches privately and in a few studios in New York.

Venerable Pinnagala Pangnatissa is a Sri Lankan Buddhist monk in the Theravada tradition. In 1976, he got his ordination under the guidance of Bhante Panane Saddhatissa. He graduated from the university of Peradeniya in 1992. and worked as the Sinhalese teacher in Sri Dharmananda Pirivena Balangoda from 1993– 2001. In the year 2000, he got his master degree from the University of Kelaniya. In 2001 he came to America with the invitation of Bhante Kondanna. Since 2001 he has been a resident monk at the Staten Island Buddhist Vihara, conducting services to the Vihara community. In 2013, he earned an undergraduate degree in computer science from the College of Staten Island, City University of New York.

Venerable Chang Ji was ordained as a nun in the Chinese Mahayana tradition of Buddhism under Dharma Drum Mountain in 2004. In her role as the International Affairs Special Assistant to the late Most Venerable Master Sheng Yen, founder of Dharma Drum Mountain Buddhist Association, she participated in many international conferences, including the World Economic Forum, World Bank, as well as meetings at the United Nations, etc. She is committed to teaching the tenets of contemplative action to young adults worldwide and has led many youth leadership workshops and meditation retreats to this effect. She has participated in and facilitated programs for young leaders in conflict and post-conflict areas such as Iraq, Afghanistan, Sudan and Cambodia, and she works to spread awareness of Spiritual Environmentalism as taught by her teacher, the late Most Venerable Master Sheng Yen, to young people all over the world.

Rev. Robert Kaku Gunn, Hoshi, Ph.D. is a Soto Zen Buddhist priest at the Village Zendo in New York, under Roshi Enkyo O'Hara. He has practiced Zen for over twenty years. He is a psychotherapist and Christian pastor as well, and engages in interreligious dialogue and the dialogue between psychology and religion. He is a Lecturer at Union Theological Seminary in Psychiatry & Religion, and adjunct faculty at New York Theological Seminary and the Metropolitan Institute of Psychoanalysis. He is the author of *Journeys into Emptiness: Dōgen, Merton and Jung and the Quest for Transformation*.

James Lynch is an assistant professor of management and law in the Finance and Business Management Department at Brooklyn College. He has published in journals such as *Journal of Business Systems, Governance and Ethics; Journal of Leadership, Accountability and Ethics* and *Interdisciplinary Journal of Contemporary Research in Business*. He is an authorized Dharma Teacher through Risho Kosei Kai.

Rev. Dr. T. Kenjitsu Nakagaki, D. Min. is a Buddhist priest, ordained in the 750-year-old Jodoshinshu tradition of Japanese Buddhism. He is President of the Buddhist Council of New York, a Vice President of The Interfaith Center of New York, Clergy-on-Call for Columbia University, Community Clergy Liaison for the NYC Police Dept., and Religious Advisor to the Japanese-American Lions Club.