

“I saw you fall, so I’m helping”



You are warmly invited to an in-person Nothing Special practice day in Sheffield on this theme, and we are opening the doors to friends and family who may be curious about our practise and would value this experience.

Saturday 28th February 10am to 4.30pm

At Fulwood Old Chapel

8a Whiteley Lane, Sheffield S10 4GL

The day will be led by our entrusted teachers Trudy Johnston and Josh Gifford.

The day will comprise of Zazen (sitting meditation), Kinhin (walking meditation), Dharma (talk on Zen teachings) and a Dharma activity (a way of participants to engage in the teachings).

The Dharma talk and activity led by Trudy and Josh will be on the theme “I saw you fall, so I’m helping”. For those who are interested this is taken from a Koan in The Hidden Lamp: Stories from Twenty-Five Centuries of Awakened Women.

We very much hope that you will be able to join us - please contact Gill Bradley to register your attendance or for any questions gillbradley31@msn.com