

# The Asian-American Cultural Circle of Unity

A 501c3 Nonprofit Organization

Invites you to attend

## The Antidote to Stress

~Find Peace and Serenity through the Practice of Zen~



Dr. Jimmy Yu, a senior lay teacher and translator who was sanctioned to teach Chan Zen by the revered Chinese Master Sheng Yeng, will describe the basic elements of Zen and explain how daily practice will reduce stress and clutter in our lives while imparting peace of mind, a sense of calm - and perpetual serenity. Dr. Yu (also known as Guo Gu) has lectured extensively on topics such as "Zen in One Manhattan Minute: Zen Practice for Busy People" and is the guiding instructor for the Western Dharma Teachers at the Chan Meditation Center and the Dharma Teacher at the Tallahassee Chan Group in Florida. He received his doctorate in Buddhist Studies from Princeton University and is now an Assistant Professor at Florida State University. All are welcome to attend this incredibly enlightening seminar.

\$10 Admission prepaid through Paypal at [www.aacfli.org](http://www.aacfli.org)

or

click the button below



or

mail payment to 23 Fernwood Drive, Commack, NY 11725

\$15 at the door

Light refreshments included

**Sunday, August 22nd, 2010**

**Time: 2 - 4pm**

**Location: 625 South Street**

**Garden City, NY 11530**

**The building next to WAC Lighting**

[maps.google.com](http://maps.google.com)

Please RSVP to [info@aaccu.org](mailto:info@aaccu.org) or call 631.754.6640 for more information