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Minnesota Zen Meditation Center Hosts Free “Blank Friday” Open House Nov. 27
Empty hands, open heart: a day of quiet practice in place of the shopping rush

MINNEAPOLIS, MN – On the day of the year most associated with consumerism and crowded malls, the Minnesota Zen Meditation Center (MZMC) is offering a space for stillness. The public is invited to the 12th annual "Blank Friday," a free open house and introduction to mindfulness, on Friday, November 27, 2026, from 12:00 p.m. to 4:00 p.m. Held at MZMC’s historic, newly renovated facility at 3343 East Bde Maka Ska Parkway, the event provides an accessible, welcoming environment for anyone curious about meditation, whether they are looking for stress relief or a deeper contemplative practice.

Blank Friday Event Highlights:

- **12:30 p.m. & 2:30 p.m.: Free 60-minute "Introduction to Mindfulness and Meditation" classes** held in the main hall.
- **12:00 p.m. to 3:30 p.m.: Guided facility tours** showcasing the recent renovations.
- **Ongoing: A dedicated meditation room for experienced practitioners to practice zazen** (silent, seated meditation), with 20-minute sittings beginning every half hour.

"We offer a respite and a place to focus on our presence and our deepest values," said Ben Connelly guiding teacher at MZMC. "Meditation gives us an opportunity to care about what is here right now. It offers relief for the busy mind that tries to rush into the future or rehash the past. Our open house is a perfect introduction for those who are curious about meditation or simply want some time to settle down."

Following the Buddhist tradition of dana (giving), MZMC offers all programming on a donation-only basis to ensure accessibility for everyone.

About MZMC For over 50 years, the Minnesota Zen Meditation Center has been at the forefront of promoting mindfulness in the Midwest. Founded in 1972 by the widely respected Japanese teacher Dainin Katagiri—and supported by a foundational gift from Robert Pirsig, author of *Zen and the Art of Motorcycle Maintenance*—MZMC promotes a style of meditation that encourages joyful, compassionate, and altruistic living. Today, MZMC continues its mission to create a welcoming space to awaken wisdom and compassion while joyfully serving the wider Twin Cities community.

For more information, visit www.mnzencenter.org or follow MZMC on Instagram at @mnzenmeditationcenter.