

Taste of **Hollow Bones Zen**

One Day Silent Retreat

with Rev. doshin mj nelson

Deepening Silence...

1 Day of Zen Meditation: 9:00am to 5:00pm

An Opportunity to:

- Learn something about **Zen** and **Hollow Bones**.
- Learn how to begin a Meditative Practice
- Experience **Radical Emptiness** first hand
- Deepen your Meditative Practice

Space limited: **Men and Women, All are welcome**
Register Call Doshin 720-984-9512

Zendo

At the
Bahai Temple
225 E Bayaud
Denver, CO 80209

This retreat will be run solely on a donation basis, there is no set fee. At the end you will be invited to make a donation based upon the value received, your ability to pay and your desire to support this work and Integral Zen.

What to bring:

Dark, loose clothing (no writing or loud labels) and
An open heart.

Bring your own Organic Lunch

Do not bring: This is a Silent Retreat don't bring distractions: no books, electronics, cell phones, pets, alcohol, or illegal drugs.

Sensei DoShin mj nelson

For information: 720-984-9512 or [Click here to email: DoShin](#)

