

Intro to **Hollow Bones**

Weekend **Zen** Retreat

Friday afternoon through Sunday
Arrival 4-5 PM on Friday and ends at 4:00 PM on Sunday

BEYOND everything we think we know...

BEYOND all of our thoughts and feelings...

BEYOND what we were, what we think we are, and what we want to be...

...Lies a still pool:



Vast, deep, timeless and...
clear...

a Zen Meditation Practice

is

Perfect for stress management

Excellent means of deepening spiritual insight

A Wonderful way of revitalizing any living faith

All are welcome!

Sitting Meditation or Zazen in the Zen tradition is a 2600 year old, time tested method of opening and experiencing vast, timeless, luminous stillness—the silent ground from which all experiences arise. It doesn't matter what you believe or don't believe. This is an excellent way to bring more love into your life by simply learning

how to be present and listen to the silence. Learn to open your heart in the wisdom that flows freely and naturally from this deep eternal spring.

Qi Gong is a moving meditation practice that is thousands of years old. It is a gentle and flowing set of movements coordinated with breath-work that helps to loosen and strengthen the body while opening the heart and clarifying the mind. It was specifically developed to enhance meditative mind.

The technique of **Radical Emptiness** will be used in this workshop to invite and encourage the experience of vast, deep mind. The combination of Sitting Meditation, Qi Gong, Voice Dialogue and Radical Emptiness is a powerful and effective way to taste deeper levels of spiritual insight and understanding.

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 Integral Zen and this work.

Space is limited and expected to fill quickly. Please do not apply unless you intend to come.

[Click here to email doshin mj nelson](#) or call 720.984.9512

What to bring: You will need to bring: dark, loose clothing (no writing or loud labels) and comfortable slip-on shoes, toilet articles, flashlight and batteries, lots of layers, warm sweater or jacket.

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

For more about Hollow Bones www.hollowbones.org
in Colorado: www.integralzen.org

[Click here to email: doshin](#)

or call him at
(720) 984.9512



Blessings, Sensei DoShin