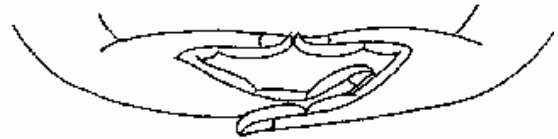


# Hollow Bones

## 7 Day - Week long **Zen** Sesshin

with JunPo Denis Kelly, Roshi

**Sit Down**  
**Shut Up**  
**Don't Move**  
**Open Your Heart**



...To the Silence:



Vast, still, timeless  
and...  
clear...

a Zen Meditation Practice  
is

**Perfect for stress management**  
**Excellent means of deepening spiritual insight**  
**A Wonderful way to revitalize any living faith**

*A Coed [Hollow Bones](#) 7 day silent retreat*

Whether you have never done meditation or already sit regularly, all are welcome.

**To register:**

[doshin@hollowbones.org](mailto:doshin@hollowbones.org)

Or call Doshin 720-984-9512

[www.hollowbones.org](http://www.hollowbones.org)