

# **A Taste of Integral Zen**

## Zen Meditation, Qi Gong and the Five Training Elements

**Zendo**  
at the  
**Bahai Temple**  
225 E Bayaud  
Denver, CO 80209

**Great for beginners!**  
**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 **Five Training Elements** is one path that leads to transformation. As my Friend Rollie Stanich, Director of the Integral Spiritual Institute says:

"There are many paths up the Spiritual Mountain; Zen is the one that leads straight up the steep rock face".

There is no set fee for this event. **And...**

You will be asked to make a donation based upon: What you can afford; The value received; and Your desire to support this work and the Integral Zen Community.

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