Zen Practice Lecture, Meditation & Qigong Workshop

Sponsored by
The Buffalo Zen Dharma Community: Affiliate of Zen Mountain Monastery

Led by
Amy Shoko Brown, MRO
October 14, 15 and 16, 2011
Canisius College – Richard E. Winter Student Center – Hughes St. Entrance

Lecture with Q&A (open to all: no pre-registration required)
Friday, October 14 7:00-9:00 PM ($10 Donation – Regis North Conference Room on 2nd floor)

“The Transformative Power of Buddhist Meditation: Developing a Dynamic Practice”
Zen Buddhist meditation is radically transformative—through it, we turn the mind from delusion and suffering to wisdom and compassion. This transformation goes far beyond a quiet, peaceful time of day. All of our activities, work, and relationships become a way of expressing wisdom and compassion—if we engage them as practice! And that’s the challenge. This evening’s presentation will explore time-honored ways to develop, deepen, and nurture a daily meditation practice so that transformative roots can take hold and nourish our lives and all those we interact with.

Silent Meditation Intensive (open to those with some Zen meditation experience: pre-registration is necessary)
Saturday, October 15, 8:30 AM-Noon ($10 Donation – Regis North Conference Room on 2nd floor)
Half-day zazen intensives are popular with those new to Zen practice or meditation, as well as more experienced students. The morning offers a time of silence and stillness and provides an excellent way to explore and deepen one’s zazen. The retreat will be introduced and concluded with dharma words of encouragement.

Body Practice Workshop (open to all: pre-registration is necessary)
Saturday, October 15, 1:30-5:00 PM ($25 Donation – Regis North Conference Room on 2nd floor)

Qigong: Meditation in Motion
The ancient art of qigong (energy work) has been honed over thousands of years to optimize spiritual, mental, and emotional well-being. The specific forms in this workshop will help you effectively and consistently access qi energy and direct it to wherever it is needed. You'll learn simple exercises coordinating body, breath and mind, as well as develop your ability to tune into the innate wisdom of your own body. Through movement and stillness we explore who and what we are, while increasing awareness, vibrancy, and joy.

Zen Morning Program (open to all: no pre-registration required)
Sunday, October 16, 9:00 AM-Noon (Free-will Donation – Faculty Dining Room on 1st floor)
This Sunday program is open to everyone. Newcomers will receive beginning instruction in Zen meditation. Enjoy the opportunity of supporting each other in expressing gratitude through Zen Buddhist liturgy and deepening the stillness of zazen by practicing together in community. The morning concludes with a talk on Zen Buddhist practice by Amy Shoko Brown, MRO.

Amy Shoko Brown, MRO is a Senior Student and Daojin Novitiate at Zen Mountain Monastery. She serves as the Volunteer Coordinator for the monastery's prison outreach program. She offers private sessions in Trauma Transformation, as well as Life Coaching aimed at “Helping Spiritual Seekers Make Meaningful Change.” Amy also co-hosts the weekly radio talk show “Be the Change: Voices of Action” on 91.3 WVKR (www.BeTheChangeRadio.org) and teaches qigong (chi kung) – meditation in motion.

DISCOUNTS: Combine two or more Fri. & Sat. events and receive a $5 discount. Student discount also available.
CAMPUS MAP: www.canisius.edu/reslife/campus_map.asp – Shows the location of Student Center and parking lots.
PARKING: Free and available in the Loring Lot, Eastwood Lot, and Blue Parking Ramp (enter on Jefferson near Hedley).
METRO RAIL: Canisius is flanked by two Metro Rail stations located on Main St. at Humboldt Pkwy., and E. Delavan Ave.

** PRE-REGISTRATION and INFORMATION **
www.BuffaloZen.org
Ray Eigen Ball, MRO
Email: contact@BuffaloZen.org • Call: 716-206-9992