

# The Energy and Healing Practices of

# ZEN

## A SEMINAR

Saturday April 16,  
4-7pm

*and*

Sunday April 17,  
10am - 1pm

*Optional Zen meditation  
instruction will be given on  
Sunday at 9am.*

## Location:

*Shinjinkai*

3717 N. Ravenswood #113  
Chicago, IL 60613

PLEASE CALL TO RSVP:

773.425.9911

Join us for a two-day Seminar transmitting centuries-old Zen Buddhist energy work and visualization practices for improving health and deepening insight. Techniques of gathering *ki* (internal energy) and circulating it throughout the body will be taught by Meido Moore Roshi, a teacher in the Rinzai lineage of Zen Buddhism.

*Suggested donation: 110.00 (any donation accepted, all are welcome regardless of ability to donate). Donations benefit Korinji Zen monastery.*