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**Courses and Workshops
2009**

Movement · Music · Meditation

Wake up.
Do well.





Zen Meditation

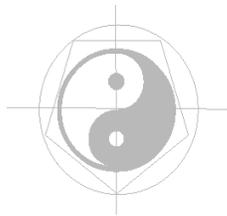
Reality and Practice

What is Zen? Where did it come from? How is it practiced and expressed? Participants will enjoy Zen art, history and philosophy, as well as 15 minutes per class of Zen Meditation (Zazen).

*“Sitting silently, doing nothing,
Spring comes; the grass grows by itself.”*

Matsuo Basho
17th Century Zen Master
and Haiku Poet

Meditation is simple, but it changes everything by changing who we think we are . . . and Zazen is the ultimate meditation.



Taichi Inner Teachings

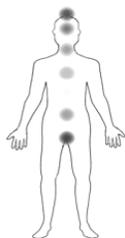
Energy, Movement and Tao

Beautiful, slow movements develop stamina, grace and power. Yang Style Taichi, Taichi Chih and Taoist healing Chi Kung (non-martial, noncompetitive). Easy to learn, fun to practice. Ancient techniques use small daily effort to yield profound results for body/mind/heart/spirit.

*“Letting go of all thought, dropping shoulders and elbows, breathing deeply from the belly, moving from the hips:
These are the principles of Taichi.”*

Zhang Youliang
20th Century Taichi Master

For infusing the peace and profundity of the meditation hall into the challenges of everyday existence, Taichi is the practical, direct and workable teaching.



Seven Intelligences

Optimizing the Human instrument

Powerful tool for quickly exploring and developing personal potential while living with balance and harmony. Based on Chakra Yoga. Sounds, postures and exercises clear the mind and enhance body awareness and function.

“Here, in this body are the sacred rivers. Here are the Sun and Moon, as well as all the Holy places of pilgrimage. I have not encountered another Temple as blissful as my own body.”

Saraha
8th Century Buddhist Yogi

Chakra Yoga works through the body/mind to nurture and integrate The Seven Human Intelligences, contributing to the continuing development of the best possible you.



Group Drumming

Playing in Time

Drumming is enjoyed by millions around the world. Because of the nature of rhythm building, the beginner is able to enjoy playing with the most experienced of drummers. Just hold a simple part, while those around are playing theirs. Drums are provided.

“Music hath charms to soothe the savage breast, To soften rocks, or bend a knotted oak.”

William Congreve. 1670-1729
English Poet and Playwright

“Make music, not noise.”

Bobby Torres
Contemporary Conga Player
and Music Teacher

Concentration, memory, endurance, sharing, listening, leading, following and brain balancing (as well as understanding and appreciation of music) are some of the traits trained in drumming — while having so much fun that laughter regularly ensues.



Perennial Philosophy

Living the Best Life

Who are we? What do we know? What are we doing here? What of Truth, Beauty and Love? An examination of philosophical, psychological and religious approaches through the ages. Important lessons from the lives and teachings of Lao-tzu, Confucius, Buddha, Socrates, Bodhidharma, Moses, Jesus, Rumi, Freud and more.

"The unexamined life is not worth living."

Socrates
Ancient Greek Philosopher

Exercising our critical intelligence, better understanding the present by studying its roots in the past, broadening our sense of possibility by expanding our knowledge of history's greatest thinkers — these are among the practical pleasures of a philosopher.



Making Your Way

Seekers, Finders and Founders

These days, all of the Paths can be Googled. Some of them may be authentic; some may be valuable — for other people. A precious few will be a good fit for you. Help sort it out by understanding the basic types of students, teachers and methods; how to deal with basic stumbling blocks: and what qualities will be required and developed as you make your way.

"When you find your teacher, drop your resistance and learn."

Medieval Japanese Sword Manual

Much unnecessary suffering and wasting of time can be avoided by understanding your type as a student, knowing how to recognize a right teacher for you, and evaluating what methods will work for you, in your situation.

Each course offers both immediate benefit and an opportunity for lifelong study.
A variety of formats is available.

Two Week Immersion

Newcomers are encouraged to choose a course and try a Two Week Immersion Session of six lessons over a two week period. Up to three courses may be taken simultaneously.

*Cost per Course \$50 (2 Courses simultaneously \$90; 3 Courses simultaneously \$125)
Participants agree to practice on their own 20 minutes per day*

Workshops

Workshops are available for any course, or combination of any two or three courses. Workshops usually last a half day (or an evening), with two ten-minute breaks. They include lecture, presentation, demonstration, participation and discussion. Handouts and suggestions for further study are provided.

Cost per Workshop \$20 per person; Three Workshops \$50

Other Arrangements

Other arrangements for course work are made to suit the schedule of the individual or group.

Onami

Those interested in regular, continued study may be invited to join **Onami** practice which includes all necessary lessons, classes and workshops.

Flat Fee \$100 per month

Courses are taught by Bodhi Herschel.



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