

# The Energy and Healing Practices of

# ZEN

## A SEMINAR

Saturday Sept. 3,  
3:30–6:30pm  
*and*  
Sunday Sept. 4,  
11am – 2pm

### Location:

*Shinjinkai*  
3717 N. Ravenswood  
#113  
Chicago, IL 60613

PLEASE CALL TO RSVP:

773.425.9911

Join us for a two-day Seminar transmitting energy practices handed down within Zen Buddhism 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. All are welcome.

*Suggested donation: 110.00 (any donation accepted, all are welcome regardless of ability to donate). Donations benefit Korinji Zen monastery ([www.korinji.org](http://www.korinji.org)).*