

Seikan at Mana a Zen Transformative Retreat March 11-13 2011

When the clouds over our life seem to turn dark – through illness, loss, or plain boredom – we instinctively set out to lighten them or to move them on. In this way, we often lock the clouds above us, and tie ourselves up in knots beneath them. Sometimes the more we struggle, the more we seem to get stuck and the more we suffer. Instead of struggling to change or fix life, be guided in ways of finding fulfillment in life as it is allowing for change to come from within.



Seikan is a Zen monk in the Japanese tradition. He offers a simple meditation practice, "just sitting", and letting go of ideas and expectations. He is also a clinician, psychotherapist, & group leader, interested in supporting people to discover their inherent wellness, whatever the circumstances.

Seikan is the founder and director of Melbourne Zen Hospice, and additionally works as therapist with the Jawler Foundation and other organisations.

Friday: Registration 4-6 PM / Dinner 6 PM; Ends 3 PM Sun

\$395 includes shared accommodation with linens, meals & tuition

To register please pay \$100 deposit by Visa/MasterCard at our on-line secure site or by direct credit to bank account 02-0304-0312089-000 or mail a cheque.

CANCELLATION: Ten days or more prior to course deposit is fully transferable to another course (within 12 months), or refunded less \$30 fee; less than 10 day cancellation forfeits deposit

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