

Yoga for Zen Meditation

Sundays, 10 - 11:00am
May 15th – June 26th
Des Moines Zen Center

Cool down from the heat wave with Integral Yoga. Participants discover ways to improve their zazen experience through posture, hip-openers, breathing, and the regulation of emotions. By increasing awareness of the body's messages, students learn to prevent injury, especially to the back and knees, and discover healthier ways to meditate.

Daishin is in the process of making Zen Fields (www.zenfields.org) into a non-profit organization in Ames. Suggested donation for 7 classes is \$90, or 1 class for \$15. No one is refused for lack of funds. Children and adolescents are welcome.

To register, email Daishin at daishin@zenfields.org, or by phone at 515-520-3113 by **no later than May 8th**. Limited to 10 people due to space considerations.

The mission of Zen Fields is 1) to share a broad spectrum of mindfulness-based practices including Zen Buddhist meditation, therapeutic Yoga, and Shodo (Japanese Calligraphy); 2) to provide Buddhist resources for meaningful dialogue on climate change; and 3) to offer face-to-face engagement with the community through public speaking, leading workshops and guiding retreats.

