

AWAKENING HEART

BEGINNERS MEDITATION WORKSHOP

*Learn
Sitting,
Walking,
Resting,
Movement,
Breath,
Sound,
Light,
Healing,
Lovingkindness
and other
Meditation
Modalities*



*“Manifest the Miracles
of Mindfulness!”*

Saturday, March 5, 2011
1:30 – 5:00 PM

Facilitated by Brother ChiSing, M.Div., M.A.
*(an ordained disciple of Zen
master Thich Nhat Hanh)*

\$40-\$60 suggested donation
(no one turned away for lack of funds)

CLOUDS IN WATER ZEN CENTER
308 Prince St., Suite 120, St. Paul, MN 55101

www.AWAKENINGHEART.org

