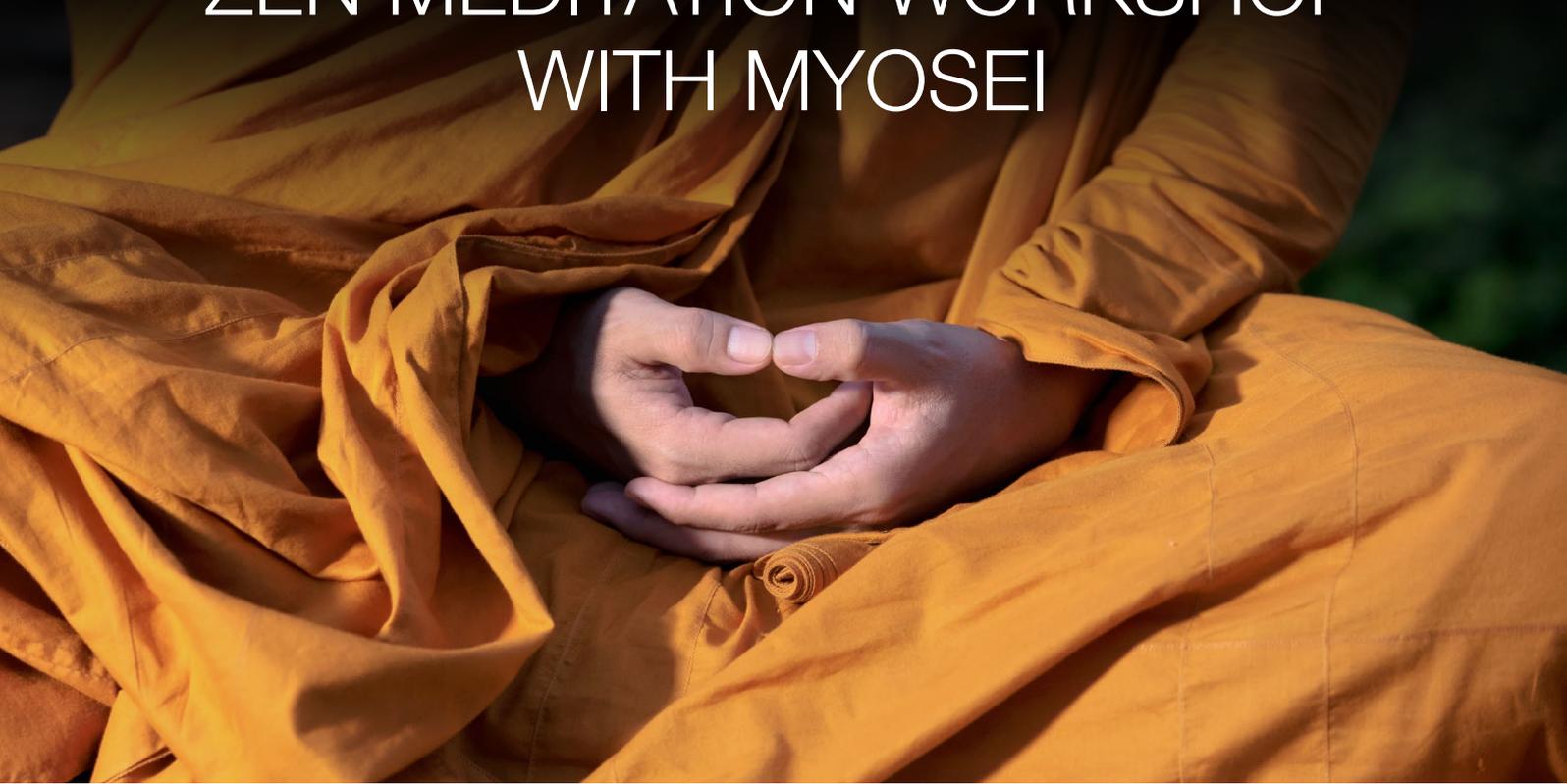


# AWAKE YOUR HEART AND MIND ZEN MEDITATION WORKSHOP WITH MYOSEI



**The basis of this ancient practice is zazen, a meditative practice and discipline.**

Zazen or shikantaza (just sitting) meditation involves disassociation from exclusive focus on a particular sensory or mental object to allow intent perception of all phenomena as a unified totality. This objectless meditation aims at a radical, nondualism that does not grasp at any of the highly subtle distinctions to which our familiar mental workings are predisposed and which set apart us from our experience. Such subject-object dichotomization is understood as artificial, a fabrication. Zazen is also objectless in the sense of not seeking after specific and limited goals. The ultimate purpose of the zazen practice, universally awakened heart/mind, cannot be set apart from our own inherent being and our immediate, moment-to-moment awareness.

## THEORY

- We will know the core and fundamentals of Zen Buddhism and Buddhism.
- Zen monastic practice vs lay practice and Mindfulness vs Zen practice
- How the self-realization attainment through the body works
- Explanation of how the unity of body and mind during zazen functions
  - The importance of the master in the practice
  - The change of consciousness during zazen in scientific studies
- Detailed explanation of zazen's posture

## PRACTICE

- How we get into the meditation room
- Chair, Seiza, Burmese, half-lotus and full-lotus posture
- How we sit in zazen's posture
- The zafu or cushion
- The state of mind and breathing during zazen
- Kinhin or walking meditation
- Zazen meditation session
- Put in common and connect with one another experience.



Myosei 明世 is a Buddhist monk. In my teenage years, he was trying to find the answers about life's many doubts. Since sitting in meditation

for the first time, at the age of 20 in his native city of Barcelona in Spain, he has never abandoned the practice of Zen Buddhism in the Japanese Soto Zen School. Now Myosei is keen to share the practice around the world for everyone's benefit.

🌿 **Date:** Saturday 27 April

🌿 **Time:** 9am-11am

🌿 **Investment:** AED 185

All prices inclusive of VAT.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

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