

# Taste of **Hollow Bones Zen**

## One Day Silent Retreat

*Led by: doshin michael nelson sensei*

9:00am to 5:00pm

## Deepening Silence...

### An Opportunity to:

- Learn something about **Zen** and the **Hollow Bones Order**.
- Learn how to begin or deepen your **Meditative Practice**
- Allow **Qi Gong** to Awaken your subtle energy body
- Experience **Mondo Zen** (a direct and penetrating inquiry into who we are at our deepest level)
- From this **Deep, Clear Mind** we can bring wisdom and compassion directly into to our lives. We can see and choose to step onto a path that leads to true freedom.

**“Our angst is our liberation” – JunPo, Roshi**

Space limited: **Men and Women, All are welcome**

**To Register** Call Doshin 720-984-9512 or [doshin@integralzen.org](mailto:doshin@integralzen.org)

Zendo at the

Bahai Center of Metro Denver  
225 E Bayaud  
Denver, CO 80209

This retreat is offered on a donation basis, there. At the end you will be invited to make a donation based upon the value received, your ability to pay and your desire to support this work and these priceless teachings. **Integral Zen** is the Denver branch of the **Hollow Bones Order**.

### **What to bring:**

Dark, loose clothing (no writing or loud labels) and  
An open heart.

**Bring your own Organic Lunch**

*doshin michael nelson, sensei*

