

# A Taste of Mondo Zen™

## One Day Silent Retreat

*Led by: DoShin Michael Nelson, Sensei*

8:30am to 5:00pm

## Deepening Silence...

### An Opportunity to:

- Learn something about **Zen** and the **Hollow Bones Order**.
- Learn the value of beginning or deepening your **Meditative Practice**
- Experience **Qi Gong** and 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** bring wisdom and compassion directly into to your life.
- Experience and choose to step onto a path that leads to **True Freedom**.

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

Space limited: **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 Colorado 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*

