



Training the Mind
At the Zen Renaissance Centre thru...
Meditation With the Body

Integrated training of mind, body, & spirit

Zen base

Shambhala view

Body sensing, precision of form, and other movement meditations

**Instructed by Dr. Jonathan Beck—long time practitioner
Specialist in sports medicine & human performance
Member, Sports Medicine Australia, American College of Sports Medicine**

Sessions are approximately 1¼ hours, utilizing visualization, sensory awareness and movement meditation techniques. Exercises are designed for easy integration into daily life while developing increased capacity for centering, energy recovery, balance, self-healing, groundedness, and Presence. Program integrates training of the non-analytical mind with precision of sensory awareness, for long-term cultivation of Mindfulness.

May, June, and July

Friday evenings, 6-7:15 pm

**Zen Renaissance Centre, 310 Oxford Street, Bondi Junction
([between Green Tea Chinese restaurant and cycle shop])**

[PLEASE NOTE: class will not be held 1 June]

COSTS

Drop-in basis, per session \$ 25

10-session advance commitment \$ 180

Contact: Jonathan at 0422 771 906 for additional information or attend a class to experience this practice form