

# Kripalu

Center for Yoga & Health



Robert Meikyo Rosenbaum, PhD, is a clinical neuropsychologist, psychotherapist, Zen and qigong teacher, and author of *Walking the Way: 81 Zen Encounters with the Tao Te Ching*.

[www.zenqigong.com](http://www.zenqigong.com)

**APRIL 10-14 SUNDAY-THURSDAY**

## ROBERT MEIKYO ROSENBAUM STILLNESS IN MOTION: ZEN PRACTICE AND WILD GOOSE QIGONG

How would it feel to meet each moment with effortless effort, and find ease and joy in everyday life? Experience what it would be like to do just that through the combined practices of Zen and Dayan (Wild Goose) Qigong.

In Zen, we return to stillness, finding the movement at its heart. In qigong, we remove blockages in the acupuncture meridians so energy can flow. Come experience

- Warm-up exercises, acupressure self-massage and the 64 movements of Dayan Qigong
- Zen and Taoist meditations
- Dharma talks and optional individual practice discussion with a senior teacher of Zen and qigong
- Simple and practical ways to incorporate Zen and qigong into daily activities.

Register Today

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Kripalu is a 501(c)(3) nonprofit educational organization whose mission is to empower people and communities to realize their full potential through the transformative wisdom and practice of yoga.