

Zen-Based Stress Reduction Workshop

Regain Control and Inner Peace through Meditation

This workshop is designed to help people experiencing a variety of physical and/or mental conditions to become more aware, more present, and relaxed—at peace and in control no matter what the source of stress may be.

- **Establish composure.** Learn methods to develop greater balance and mindfulness during the challenges of stress, pain, illness and everyday life. Learn the skills to avoid emotional and physical depletion.
- **Enjoy life fully.** Each moment is a new beginning. Learn to embrace the present moment with openness and clarity. Mindfulness Zen meditation restores a sense of well-being and empowerment, no matter what challenges you face.
- **Restore your spirituality.** The ZBSR workshop allows you to tap into your inner resources of clarity and focus to break old patterns and renew your spirituality.
- **Regain your health.** Learn methods that promote physical and mental health. Learn to de-habituate negative patterns and develop positive responses to life's stress. ZBSR workshop can help you take responsibility for your own health and healing.

The workshop is close to five hrs. It includes first-hand experience of mindfulness, a complete guide to relaxation, self-massage techniques, and methods of meditation, yoga, and theoretical basis of Zen stress-reduction meditation. Participants will receive a CD of guided meditation and are encouraged to attend Monday evening meditation sessions for on-going support of meditation practice. One-on-one counseling is also available upon completion of the workshop.

The teacher is Florida State University's Dr. Jimmy Yu (Guo Gu), who is not only a scholar of Buddhism but is also a highly qualified Zen teacher with 30 years of practice experience. He has been teaching Zen independently since 1995.

Registration is required. The workshop only costs \$50. To reserve a spot, please email: tcg4events@gmail.com. Mail check made out to "Dr. Jimmy Yu" no later than April 24: Tallahassee Chan Group. 647 McDonnell Drive Tallahassee FL 32310.

Date/Time: Saturday, April 27, 2013; 1-5:45pm

**Place: Tallahassee Buddhist Community: 647 McDonnell Drive
(Railroad Square)**