



ZEN

flow

Ancient Wisdom ❁ New Expression

Energize, Enlighten & Empower Your Life . . . with Brother Chi Sing

SATURDAY, OCTOBER 24, 2009

9:00 AM - 12:30 PM

- 9:00 Welcome & Introduction
- 9:15 Healing Yoga & Qigong
- 9:45 "ZEN flow" Meditation 1
- 10:15 Mindful Walking
- 10:30 "ZEN flow" Meditation 2
- 11:00 Creative Expression
- 11:15 Wisdom Teachings
- 11:45 Community-Building
- 12:15 Sacred Circle Dance
- 12:30 Conclusion

* Love Offering (*suggested donation: \$30-\$50*)

MAYFLOWER CHURCH (UCC)

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Minneapolis, MN 55419
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*"We have more possibilities available
in each moment than we realize."*

~ Thich Nhat Hanh

Walk-ins are welcome; however, online pre-registration will help us prepare to serve you better:

www.AWAKENINGHEART.org