



Zen and Breath at Osage Forest of Peace

May 14, 2011

9-11:10am Orientation and Zazen

11:10-11:25am Break

11:25-12:30pm Zazen

12:30-2pm Lunch

2-3:15pm Chakra/Breath Meditation

3:15-3:25pm Break

3:25-4pm Dharma Talk

4-5pm Zazen

5pm Closing Discussion

See www.OpenMindZenTulsa.com for more info.

Open Mind Zen School is a Zen Tantra practice. This means we include the ego into the awakening process.

The retreats are not silent except during zazen. Though we do ask everyone to be mindful of topics of discussion. At Osage Forest of Peace there are others that are not part of our retreats that come to get away from the everyday hustle.

Also if one wishes to be silent just let us know and it will be respected.

The suggested donation is \$30, including lunch.

Please email kugo@openmindzentulsa.com by the Thursday before so we can be sure to have enough food.