



Introducing

## **Seikan** 聖觀

A Buddhist monk in the Japanese Zen tradition, Seikan supports the simplicity of meditation practice, "just sitting," and letting go of ideas and expectations.

Seikan brings extensive experience as a therapist, clinician, acupuncturist, and group facilitator.

He is the founder and director of the Melbourne Zen Hospice, and also a therapist for the Gawler Foundation in Melbourne.

Seikan's special interest is to support people to discover their inherent wellness whatever the circumstances. "Every day is a good day."

## **Registration for Meditation Workshop**

**Name:** .....

**Postal Address:** .....

**Ph: H** ..... **W:** .....

Payment method. Chq enclosed \$60. per person   
made payable to Liz Stilwell  
Level 2, 45 Grey St. Tauranga

Alternatively : Payment can be made at Healthwise by Eftpos  
Level 2, 45 Grey St. Tauranga  
Please phone first on 577 6388

### **B.Y.O Light Lunch**

Refreshments provided.  
Meditation C.D. available on day for purchase



### **Public talk:**

## **'Transforming Resistance into Choice'**

How to Thrive Between a Rock and a Hard Place

**Tauranga Yoga Centre** (Elizabeth St. West)

**Friday 4th September 2009, 7.30pm**

Gold coin donation

### **Meditation Workshop:**

## **The Art of "Just Sitting"** 只管打坐

Meditating free from ideas and expectations

**Tauranga Yoga Centre** (Elizabeth St. West)

**Saturday 5th September 2009, 11.30am-5pm**

**\$60.00 Early registration recommended** →

To register ph: **Liz Stilwell, Healthwise (07) 577 6388**