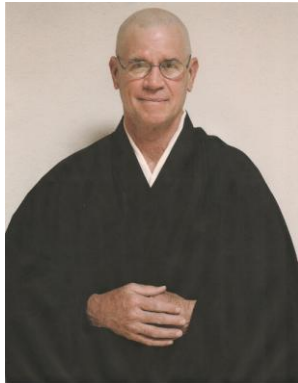


the Art of Kyudo

24-26 September 2010



This program will examine the essential question, “What is Meditation Kyudo and how does it reveal itself during practice?” Students will receive individualized instruction on timing, posture, and form to understand more fully the relationship of meditation and Kyudo.

Time and dates: program will start at 4 pm, Friday, 24 Sept, and end at 5:30 pm, Sunday, 26 Sept.

Location: Hakubai Temple is located at 1275 Cherryvale Road, Boulder, CO 80303. Directions will be send upon registration.

Cost: program is \$150 for the entire program or \$75 per day.

Program size: class is limited to 12 people. Minimum number for class is six.

Prerequisite: students must have completed First Shot.

Meals: program fees include all vegetarian meals. Breakfast and lunch will be served in oryoki tradition.

Instruction: introductory lessons will be provided in zazen (sitting meditation), kinhin (walking meditation) and oryoki for those unfamiliar with these practices.

Lodging: accommodations are available at Hakubai Temple for eight people. Cost is an additional \$25 per night. Lodging is also available in the Boulder area.

Registration: deadline to register is 10 Sept 2010.

Information: If you have questions or need additional information, please contact Hakuzan Wenninger, mwenninger@earthlink.net, or call at 303-909-7702.