

TaoZen

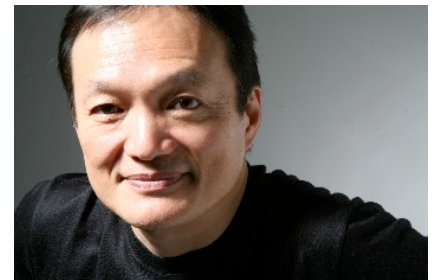


TaoZen Microcosmic Orbit Meditation is one of the most important basic meditation methods in Taoism, Buddhism and Hinduism. It opens and develops our two main energy channels and connects them into a circular channel, thereby improving our physical health, emotional balance, and spiritual growth.

Masahiro has taught this fundamental meditation practice for over 25 years, and through it he has empowered many people. He teaches it very simply and with joy and empowers each participant during the class. Take advantage of Masahiro's coming to Tokyo in July to enjoy and learn this esoteric TaoZen meditation that is the foundation for other advanced meditations. The workshop will be in English only and limited to 20 participants.

About TaoZen. TaoZen is a synthesis of zen and taoist practices. Its purpose and focus is to teach students how to bring ancient spiritual and healing practices into their modern lives – to teach them how to live fully with joy and compassion. TaoZen is simple, effective, and always practiced in a spirit of joy!

Masahiro Ouchi is the Founder and Director of the TaoZen Association and Healing Tao of New York (www.taozenlife.com). A faculty member of the Healing Tao University and a direct student of the world-renowned Tao Master Mantak Chia, he has been practicing and teaching Tai-chi, Qigong, and meditation for over 30 years. Masahiro comes to Japan only three times a year.



"Tao" is letting things flow smoothly -- going with the Flow. "Zen" is opening oneself -- Being with Oneness. When one opens, one flows. When one flows, one is open.

Location

Pegasus Building, Apt 240
5-40 Akasaka 8-chome
Minato-Ku, Tokyo

Fee: 7,000 yen

For registration or any inquiry please contact Lionel Gougne at 090-3435-6320 or lionel@craniosacral-therapy.net.