

Spiritual Discovery: Zen Satsang and Meditation

With Bonnie Greenwell

PROGRAMS

MEDITATION/SATSANG

*Available on a drop-in basis and by
donation (\$10 suggested)*

THURSDAYS 7-9 p.m.

March 2, 16, 30

April 13, 27

May 4, 18

INTRODUCTION TO THE ESSENCE OF AWAKENING

*Available on a drop-in basis and by
donation (\$10 suggested)*

FRIDAY 7-9 P.M.

April 14

DAY-LONG INTENSIVE THE ESSENCE OF AWAKENING

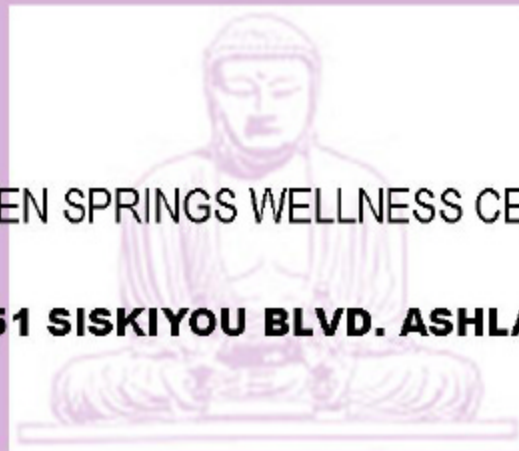
*Registration & \$45 fee required
SATURDAY 9-5*

APRIL 15

**For Information or to register
call Bonnie at
(541)488-0491
Or e-mail her at
kundinfo@mindspring.com**

HIDDEN SPRINGS WELLNESS CENTER

1651 SISKIYOU BLVD. ASHLAND



Zen satsang is an opportunity to wake up to the Truth within you through silent sitting, dharma talks, and transmission. It is sitting in the Truth to encourage and support your spiritual awakening and embodiment. Silent sitting teaches you to turn deeply inward while staying present in the moment, so that you can live your realization in ordinary life. The result is not an isolated life, but a deeply expressive one.



Non-dual Zen teacher Bonnie Greenwell was invited to teach by Adyashanti, and teaches in his Zen-satsang style. She has followed eastern spiritual practices for more than 30 years, and spent 20 years as a transpersonal psychotherapist, educator and writer specializing in spiritual emergence issues. During that time she founded and directed the Kundalini Research Network, authored "Energies of Transformation: A Guide to the Kundalini Process," and edited "Emptiness Dancing," as well as a new book on the spiritual passage, soon to be released by Adyashanti.