



"You should be like a frog always. That is true zazen."
Shunryu Suzuki Roshi

Valda Jakudo Woodson and Robbie Kokai Berge long time Zen practitioners and yoga students, will lead this workshop sharing techniques they have gained from their Yoga practice to transfer and enhance your Zen sitting practice.

- Using the breath as fuel for the body
- Moving from floor to wall to sitting
- Sitting balanced and standing tall
- Building postures to carry over into your daily life.

YOGA FOR ZEN

FEBRUARY 10, 2018

10 AM–1 PM

SOJI MEMBERS: \$25

NON-MEMBERS: \$30

ON-SITE: \$35

**PRE-REGISTRATION
REQUIRED**

Email:

registrar@sojizencenter.com

Or Call: 215-242-1750



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