

# SomaticZen



SomaticZen is a 6-day Zen intensive designed to explore, deepen, and broaden our embodiment of **seated meditation (zazen)**. In between periods of zazen, we will use traditional Chozen-ji embodiment practices like **tai chi** and **vocal resonance** along with contemporary somatic and embodiment techniques such as **TRE (Tension and Trauma Releasing Exercises)**, **Yin Yoga**, **partner bodywork** and **awareness-through-movement** practices as means to go deeper into our sitting. The program will follow a rigorous Zen intensive format with little sleep, little talking, and little downtime.

## May 3-8, 2018

**Spring Green Dojo**  
6743 Sneed Creek Road  
Spring Green, WI 53588  
[wisconsinzen.org](http://wisconsinzen.org)

\$200 suggested donation to cover lodging and food.



Open to intermediate level Zen or equivalent sitting style practitioners. Admission to the program begins with a short phone or Skype consultation with Alex to determine that the program is a good fit for the applicant. Martial arts gi or loose yoga clothes required.

For more information and to register, contact Alex Greene at [alex@redbeardbodywork.com](mailto:alex@redbeardbodywork.com)



Chozen-ji Betsuin/ International Zen Dojo of Wisconsin  
<http://wisconsinzen.org/>



Institute for Zen Leadership  
<http://www.institutezenleadership.org>

\*This program counts towards Zen Leadership Certification.  
<http://institutezenleadership.org/portfolio/certification-pathway/>