

BECOME THE WAVE...

RADIANT HEART- MIND RETREAT

EMBODYING DHARMA & QIGONG
WITH MASTER TEACHER AND ZEN PRIEST TEJA BELL

SATURDAY & SUNDAY 9:30 TO 4:00

JANUARY 23-24, 2010

GRASS VALLEY

ATTEND EITHER DAY OR BOTH DAYS

DIFFERENT MATERIALS AND THEMES EACH DAY



Themes and Practice:

- **Meditation ~ Dharma ~ Qigong**
- **Inner and Outer Dissolving ~ Healing**
- **Radiant Heart Qigong and Neigong**
- **The Qigong Healing Sounds**

Strengthen and stabilize your meditation practice for enhanced well-being, genuine insight and mental clarity...

Gain the 'skillful means' of resting your body and mind in the Natural State to create and maintain excellent health and improve your vitality. Includes Guided & Silent Meditation Practice, Instruction and Practice of Qigong and Dharma Envisioning and Actualization .

Teja Bell has more than 30 years experience training and teaching energy arts, healing practices and dharma. He is an accomplished martial artist and teacher in Aikido and the Chinese Internal Arts, and he is an ordained Rinzai Zen priest.

At the source of these arts is the energetic healing practices known as Qigong or energy work. Teja Bell teaches the essence of Qigong and its connection with meditation.

Cost is \$20.00 registration fee payable to Mountain Stream Meditation Center, plus DANA (donation) to the teacher after each daylong.

Please wear loose and comfortable clothing and bring a cushion or pillow and a bag lunch.

**To register, please call
Susan at (530) 885-9495
susford@hotmail.com
www.mtstream.org**

