

Transparent Mind / Transparent Body

Exploring Mind-Body Awareness

A Systema Workshop for Everyone

Sunday, January 28th

1pm-5pm

Instructor: Matthew Lowes, certified instructor with over 25 years experience in the martial arts.

Location:

**Best Martial Arts Institute
795 Almaden Street
Eugene, OR 97402**

Cost:

**\$50 At the Door
\$40 Early Payment**

This workshop will be an active exploration of mind-body awareness. It is open to practitioners of all martial arts and non-martial artists alike. Although aspects of martial arts will be employed, it is not the main focus, and no prior experience is necessary. The contents are intended to help anybody understand themselves better, learn how to see clearly, free themselves of fear and anxiety, process pain and stress, and pursue insights into the spiritual aspects of training, whatever their art or focus may be.

What to Wear: Loose pants and a t-shirt

Note: We will start promptly at 1pm with important information, so please arrive early to make payments and/or change. Early payment can be made out to Matthew Lowes and can be delivered or sent to Best Martial Arts Institute.



Questions can be addressed to Matthew Lowes, Eugene Systema, at the following email address:

matthewlowes@gmail.com