

TRANSPARENT MIND – TRANSPARENT BODY

Developing Meditation through Stillness & Motion

Sunday, February 3rd

1pm-5pm

Matthew Lowes is a certified Systema instructor and has a black belt in Aikido, with over 25 years of experience as a student and teacher of martial arts.

Location:

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

Cost:

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

This workshop will focus on developing meditation through both sitting and movement-based practice. Complementary skills will be taught in multiple modalities, facilitating a deeper understanding of meditation, movement, and action. The workshop is open to all. No prior experience is necessary. The contents are intended to help anybody understand themselves better, see more clearly, resolve inner conflicts, and experience the dropping away of mind and body. This work is for anyone who wants to develop a meditation practice or deepen an existing practice, whatever their art or focus may be.

What to Bring: Loose pants and a t-shirt. Chairs and matted floor are available for seated meditation. Bring a cushion if you use one.

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 matthewlowes@gmail.com.

