

7TH - 13TH JUNE 2024

HARNESS YOUR POWER: HARA MEDITATION & BODY WEIGHT TRAINING RETREAT

DISCOVER STRENGTH



EMBRACE STILLNESS



UNLEASH POTENTIAL



EMBARK ON A TRANSFORMATIVE JOURNEY WHERE POWER MEETS TRANQUILITY, AND SELF-DISCOVERY UNFOLDS.

Our unique retreat merges the Zen practice of Hara (*japanese for belly*) meditation with the dynamism of body weight training, offering a gateway to new personal insights and unleashing your inherent potential.

Imagine you think that you have reached your absolute limit and you can't go any further. Doesn't matter if in sport, business, or personal life. Sometimes we just feel burned out. What if there is a never-ending, always available source of energy and strength within you? Connecting to your hara means to become grounded and centered while engaging with the world around you. We will use sport (body weight training) to help you recognize your limits and then work through them, originating power from your hara. It is also a great opportunity to learn the basics of Zen meditation and philosophy.



DAISHIN ZEN
EST. 1994

EXPERIENCE HIGHLIGHTS:

- **Embrace Inner Power:** Sit in the essence of strength and stillness through Hara meditation, tapping into your innate power.
- **Ignite Physical Vitality:** Engage in invigorating body weight and cardio exercises designed to fortify your core and awaken dormant energy.
- **Explore Your Limits:** Discover your boundaries and transcend them through the practice of Hara, while learning to acknowledge and honor your personal thresholds.
- **Discover Your Potential:** Explore the fusion of power and tranquility, unlocking new dimensions of personal growth and empowerment.
- **Guided Reflections:** Delve deep into your practice through guided reflections in 1:1 settings with experienced meditation trainers, nurturing self-awareness and profound insights.

Note: While moderate to strong physical fitness is necessary for participation, we aim to honor everyone's physical capabilities. Our goal is to create a coherent group experience where individuals can thrive collectively.

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	ZEN KLOSTER BUCHENBERG

Contact Details:

For more information go to:
<https://zen-kloster.de/seminare/alle>

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YOUR JOURNEY AWAITS. JOIN US FOR AN EXTRAORDINARY EXPLORATION AT OUR HARRA MEDITATION & BODY WEIGHT TRAINING RETREAT.



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