

Calligraphy / Brush Meditation

Monday, March 3, 10, 17 & 24 • 6-8:30pm

Taught by Yoshi Nakano

\$100, plus \$12 materials fee to the instructor

Class is geared toward hara development for the practitioner, yogi as well as the general public. Experience the interplay of mind, body and spirit through the brush stroke. Explore a deep sense of inner harmony and peace. Express your mind and feeling into black and white space. Simple Qi Gong breathing will be practiced in collaboration with calligraphy. Most work will be made with sumi ink on rice paper. Hands-on instruction. Beginners welcome.

Yoshi Nakano has been practicing Calligraphy since age seven. He is a certified calligraphy instructor in Japan, approved by the Nippon Shuji at the fourth degree level. He is a contemporary Japanese paper artist and graduate of the Art College of Nagoya, Japan. His work has been exhibited throughout the northeastern United States, Arizona, and Japan. His first private show was held in 1994 at Synchronicity Space in New York City. Nakano is the founder of Zen Health Education, teaching Shiatsu, Qi Gong, cooking and eastern preventative health care in the Southwest.



Peace, by Yoshi Nakano

Introduction to the Art of Tea



Wednesday, February 13, 20 & 27 • 5:30-7:30pm

Taught by Don Lightner

\$60 for all 3 days

maximum of 12 people

Donald Kimon Lightner will introduce the Japanese way of tea, its history, tradition, culture, related arts and social etiquette. Each class will allow participants to experience Chado's meditative qualities, quiet aesthetic, graceful dignity and its ability to quench both a physical and spiritual thirst.

Donald Kimon Lightner is a licensed acupuncturist, Zen Buddhist monk, ceramic artist and teaches Urasenke Chado. He has shown his ceramics and other works across the United States, in Europe and is in private collections throughout the world.

Call 520 323 0203 to register

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