



Augustine Centre

**Ordinary
Mind
Zen School**

Introduction to Zen

Saturday 11 July , 9 am – 4pm



Ordinary Mind Zen Melbourne and the Augustine Centre present an introductory workshop to Zen with Geoff Dawson, psychologist and Zen teacher. This workshop is also suitable for experienced students.

"Zen is about an active life, an involved life. When we know our minds well and the emotions that our thinking creates, we tend to see better what our lives are about and what needs to be done, which is generally just the next task under our nose.

Zen is about a life of action, not a life of passively doing nothing. But our action must be based in reality."

Charlotte Joko Beck, founder of Ordinary Mind Zen

Geoff Dawson is a Dharma Successor of Charlotte Joko Beck and the teacher of the Ordinary Mind Zen School - Sydney. He began the school in 1998 and received Dharma Transmission in 2003. He has been studying and practising Zen Buddhism since 1975 and was one of the founders of Zen in Australia. He has also presented at many seminars and conferences in Australia on Buddhism and Psychotherapy. Geoff Dawson is also a registered psychologist with a full time private practice in Sydney.

Cost: \$70, early bird special \$ 60 (before 26th June), concession \$40
Tea and coffee provided, please bring your own lunch.

Bookings essential: (03) 9819 2844

www.augustine.org.au

www.ordinarymindsydney.com.au

Augustine Centre, 2 Minona Street, Hawthorn, 3122; office@augustine.org.au