

# Zen at School



## What Does Zen Mean?

Zen means *meditation* in Japanese.

It is an ancient and proven technique to know yourself and manifest your True Nature, which is the nature of enlightenment.

Established 2,500 years ago by the historical Buddha, Zen meditation allows you to learn about yourself by observing your life unfolding from moment to moment without biases.

## What Will We Do During the Zen at School Program?

- ⇒ Yoga
- ⇒ Guided Imagery
- ⇒ Art
- ⇒ Journaling



## Benefits Include

- ⇒ Ability to relax, stay calm and breath
- ⇒ Decrease in daily stress responses
- ⇒ Increase in self awareness

**When:** Wednesday's starting January 25th

**Where:** Glen Street Public School

**Cost:** FREE and all program supplies are provided

**For more information contact:** Shantel  
905-723-0036 EXT 241

