



***What you will study and practice in the Seminar:***

***Stillness/ Zen: Learn to act without stress!***

***Friday's session is open to anyone interested to improving their response to the challenges of daily life.***

The world is in constant motion. The mind is also in constant motion and its moving is the result of thoughts...random energy. We begin our path to healing our being by embracing stillness. The mind is a powerful beast, we must use various tools to bring it under control. Our first day of the seminar will be spent exploring ways to pacify the mind, to bring it into a state of peacefulness. There will be quietness in sitting and in movement. There will also be a Dharma talk to spur participants on.

***The Way of the Warrior***

The physical activity of a warrior can be seen by the eye but the motive of the warrior cannot. It is possible to embrace the path of The Warrior and not be violent in nature. Violence, like an inferno can destroy everything in its path, if not checked. Religions teach us that there is a malevolent force in the world that manipulates men. The incredible acts of horror which we hear on the news nearly every day, bears witness to this spirit at work. The evil works through human beings. If the negative power can cause destruction through human beings, it should not be difficult to understand that The Spirit of Peace, Love and Harmony can act through other human beings to provide a shield and counter-balance to those who would destroy. There is power in peace and love. Using the principles of Zen Mushin Ryu, born out of the satori of, Zen master, Vernon Kitabu Turner Roshi (Kitabu Roshi) the seminar will teach participants to experience a deeper connection with Peace and Love as an active power. They will be able to apply that experience in demonstrations, as lead by Kitabu Roshi.

***You are the one***

You will learn how important you are to the success of the earth. In this aspect of the seminar the individual is explored. The path to enlightenment leads only through yourself. This session includes demonstrations and practice sessions designed to awaken deeper understanding in each person.

***A Mind like Water***

Who are you today? Who will you be tomorrow? What will you do if something changes in your plan?

Most people are stuck in their old ways. They will stop and maybe panic if some is different from their yesterdays, if something unexpected happens. To obtain "a mind like water" is to adapt with momentary change in an instant, to never lose your Center, even in the midst of extraordinary circumstance. The seminar will help participants reach this state, if they succeed in conquering their fear of the unknown.

The session will began with a Dharma talk on the subject and demonstrations by Kitabu Roshi. Participants will also have an opportunity to practice.

The final session will be devoted to form and emptiness. This exercise is to bring greater comfort and unity between mind and body through the means of dancing musutoku, that is without a plan or self-consciousness.

Kitabu Roshi will give a final talk, and then all can celebrate with a warrior's dance of life.

**Cost** Euro 275,- for the whole seminar/ per person (from Friday until Sunday).  
With registration paid before 31.01.2010 there is a discount of Euro 30,-  
Euro 50,- for the Friday Session/ per person, who are coming only to the talk

**Seminar time**  
Friday 12th of March. 7PM-10PM  
Saturday 13th of March 10AM-12Noon  
Lunch: Noon -1:30 PM  
Part II 1:30 PM-3:30 PM  
Sunday 14th of March 10AM-12Noon  
Lunch: Noon -1:30 PM  
Part II 1:30 PM-3:30 PM

**Venue** Chon Jie In- Haus Hamburg  
Seewartenstrasse 10, Haus 6  
20459 Hamburg



**Directions** <http://www.bewegungamhafen.de/deutsch/spezial/anfahrt.php>

**Dojo available for overnight stay** Cost: Euros 10 per person per night. Bring sleeping gear (sleeping bags or heavy blankets), bottled water, money for food.

**Requirements** SUGGESTIONS  
You may bring your Martial arts uniform of any style or wear sports clothes.  
Clothes must be loose-fitting, pants must be long.

**About the Roshi**



Roshi Vernon Kitabu Turner

(his students call him Kitabu Roshi) is Zen-Christ, Bushido-Warrior, Zen-Meister, Author of the books: The Secret of Freedom, Soul Sword, Soul to Soul

More Informations you will find on his Website:  
[www.soulsword.com](http://www.soulsword.com)

**Contact**

*Zen BodyMind Works*

Sabine Kleftogiannis

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You have questions, please contact me

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***RESPECT FOR EACH OTHER AND ROSHI IS AN ABSOLUTE REQUIREMENT  
FOR A GREAT SEMINAR.***



An
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Registration

'A Mind like Water' Weekend-Seminar with Vernon Kitabu Turner Roshi on the 12th- 14th of March, 2010

Applicant/ Please type information below.

Full Name: .....

Street: .....

City/State/Country/Zip code: .....

Phone: ..... Fax: ..... E-Mail: .....

Cost:

Euro 275,- (incl. 19% value added tax) for the entire seminar/ per person (from Friday until Sunday) With registration paid before 01.31.2010 there is a discount of Euro 30,-

Euro 50,- (incl. 19% value added tax) for the Friday-Session only / per person, who desire to come only for the Zen talk

Seminar times:

Friday 12th of March. 7PM-10PM

Saturday 13th of March 10AM-12Noon / Lunch: Noon -1:30 PM / Part II 1:30 PM-3:30 PM

Sunday 14th of March 10AM-12Noon / Lunch: Noon -1:30 PM / Part II 1:30 PM-3:30 PM

Seminar location: Chon Jie-In Haus Hamburg – Seewartenstrasse 10, Haus 6 – 20549 Hamburg

[ ] Herewith I present myself as a willing participant for the weekend seminar for Euro 275,- (incl. 19% value added tax). I have transferred a deposit of Euro 50,- to the bank account on this site. The balance of the fee about Euro 225,- I will transfer 4 weeks before the beginning of the seminar to this account.

[ ] I agree to pay early and receive a discount as a willing participant for the weekend seminar for Euro 245,- (incl. 19% value added tax), with my registration paid before the 01.31.2010. I have transferred a deposit of Euro 50,- to the bank account on this site. The balance of the fee about Euro 195,- I will transfer 4 weeks before the beginning of the seminar to this account.

[ ] Herewith I present myself as a willing participant for the Friday-Session for Euro 50,- (incl. 19% value added tax). I have transferred a deposit of Euro 50,- to the bank account on this site, by no later than 4 weeks before the beginning of the seminar.

Bank Account: Sabine Kleftogiannis – GLS-Bank – BLZ: 430 609 67 – Account No: 2021517200 – intended purpose: 'A Mind like Water' with Kitabu Roshi

I want to spend the night in the Dojo: Yes [ ] No [ ]

Basic conditions:

The registration fee is not refundable. If you register within 4 weeks of the seminar, the fund fee is required. With my signature I assert that I am healthy enough to take part in the seminar and to be responsible for myself. I assume responsibility for any damages I cause and accept the conditions of participation.

Place/ date: ..... Signature: .....