

# Meditation Summer @ GOVERNORS ISLAND

## Finding Your Practice

June 6 – July 12

Saturdays & Sundays



# Six Weekends of Opportunity

Free **Meditation Sessions**, Special **Workshops** and an ongoing exhibit about **Meditation & the Brain** (what science has taught us so far)

June 2015	July 2015
Sat-Sun, Jun 6-7*	Sat – Sun, July 4-5*
Sat-Sun, June 13-14*	Sat – Sun, July 11-12*
Sat – Sun, June 20-21*	
Sat – Sun, June 27-28*	
* Operation Hours: 10am -6pm	

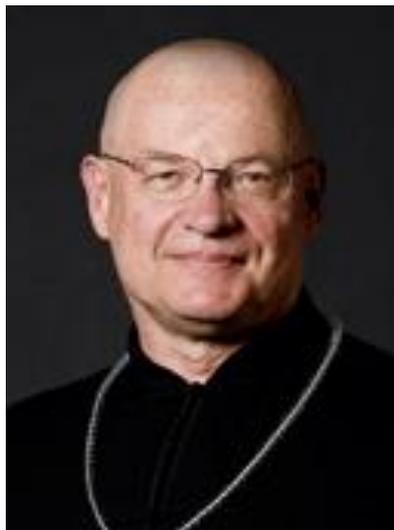
## Sample Schedule:

- 11:15 – 12:00 pm: Morning meditation (led by RMS teacher)
- 1:30 – 2:30/3:00 pm: Presenter Workshop
- 4:30 - 5:15 pm: Evening meditation (led by RMS teacher)

# Presenters & Workshops



**Liz Lewinson** is an author, speaker, technologist, teacher, strategic planner, feminist and blogger. She serves as the Advisory Committee Chairperson for the Frederick P. Lenz Foundation for American Buddhism and leads the Foundation's Women in Buddhism grant category. Liz will lead a workshop on **Women, Meditation and Power**.



**Doshin Michael Nelson Roshi** is the founder of Integral Zen, Inc. the Colorado branch of the Hollow Bones Rinzai Zen Order and Collaborative Zen, Inc. Doshin fully embraces the Integral framework and the exquisite process of Mondo Zen™ in his teaching. He received Inka, Dharma Transmission, from JunPo Roshi in 2011. Doshin will lead an **Integral Zen** workshop.

# Presenters & Workshops



**Hui Neng Stan Koehler**, ordained by Jun Po Denis Kelly as a Zen Priest (2004) and by Rama as a Buddhist Monk and a fully accepted member of the Rae Chorze-Fwaz Society of Tantric Buddhist Enlightenment (1992) , cofounded ***Peace on the Street*** in 2003 with the intention of providing a program of applied Zen for inner city youth. On the physical side, co-founder Si Jo Richard Garcia applies Zen through the Garcia Gung Fu Institute, a comprehensive martial arts school. Hue Neng teaches meditation and provides applied Zen programs in anger management and conflict resolution using the Mondo Zen protocols and core teachings of Dr Lenz in an integrated curriculum designed for urban youth. Hue Neng also serves as a Zen chaplain at Mt Sinai hospital as well as agency participant on NYC Council Speaker Melissa Mark-Viverito's task force to combat youth violence. Hue Neng will facilitate a workshop titled "**Zen Without the Robes**".

# Presenters & Workshops



**Christopher Jones** is a serial Entrepreneur, his latest venture that he co-founded in 2009, Durante Rentals is a 3-time Inc5000 winner, part of NYC's Future 50, and is the largest Independently owned construction equipment company in NYC. Chris has won CFO of the Year, 40 Under 40 award, and is a featured speaker and instructor on start-ups. He has been the cover story of two industry magazines. Chris has had over 20 years of formal Zen and Tibetan Buddhist training, Meditation has helped Chris in all areas of his life from his business success, athletics as he competes in Judo, and creative pursuits as he is a writer for a theater company. Chris teaches a class on **How meditation can help you think faster, be more creative and make better decisions.**

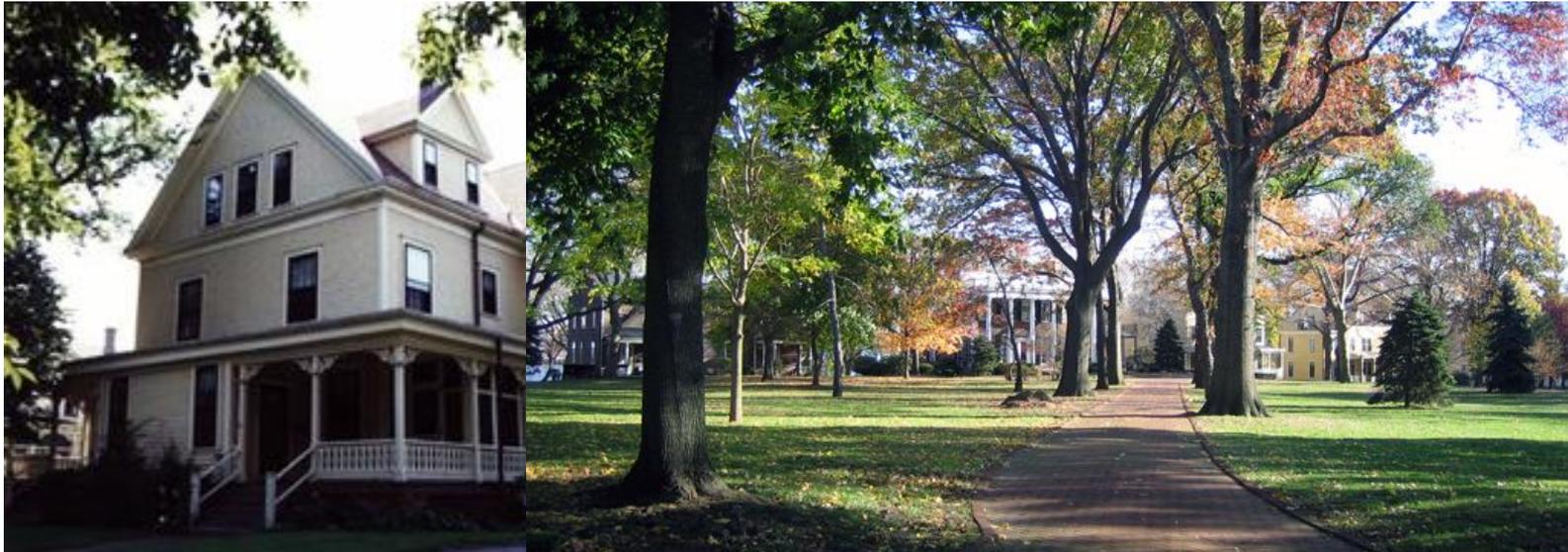
# Presenters & Workshops



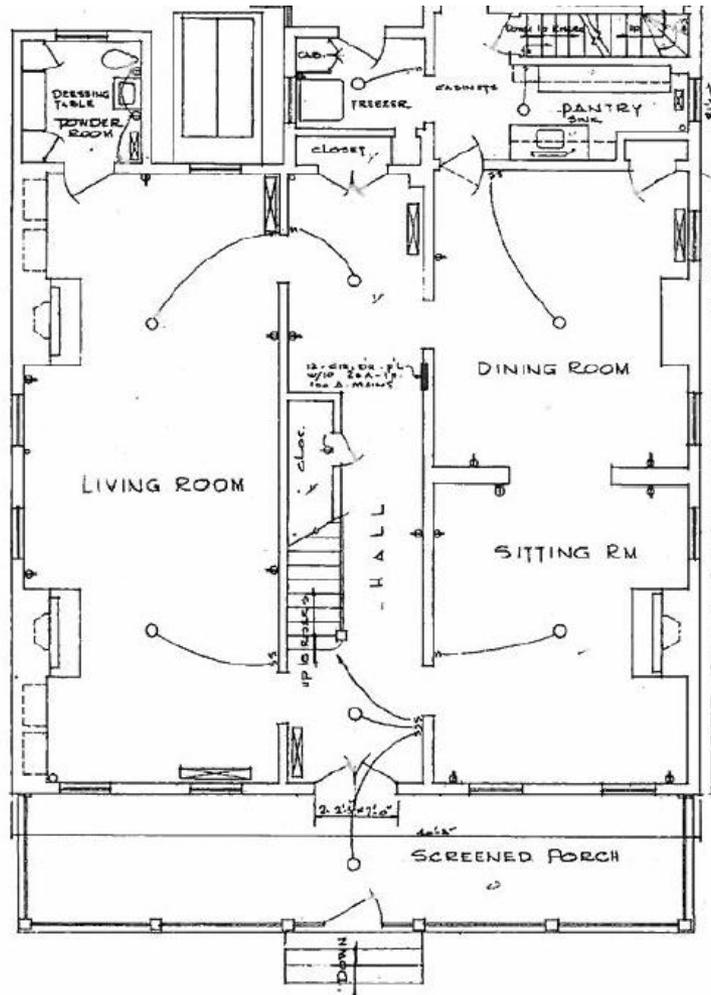
**Emily Herzlin** received her MFA in Nonfiction Writing from Columbia University in 2012 and is particularly interested in the role of meditation in the creative process. She has been a student at the Interdependence Project since 2005, and is also a graduate of IDP's Yearlong Immersion and Instructor Training Program. Emily trained to teach Mindfulness-Based Stress Reduction at the University of Massachusetts Medical School Center for Mindfulness. She will lead an **Introduction to MBSR** workshop.

# Nolan Park Houses

Nolan Park is home to more than a dozen historic, charming yellow houses as well as the Commanding Officer's House, all situated Governor's Island. These houses are located a five minute walk from the Manhattan and Brooklyn ferries. They are located around a four acre manicured green and are given in an "as is" condition, available for use as exhibit spaces and more.

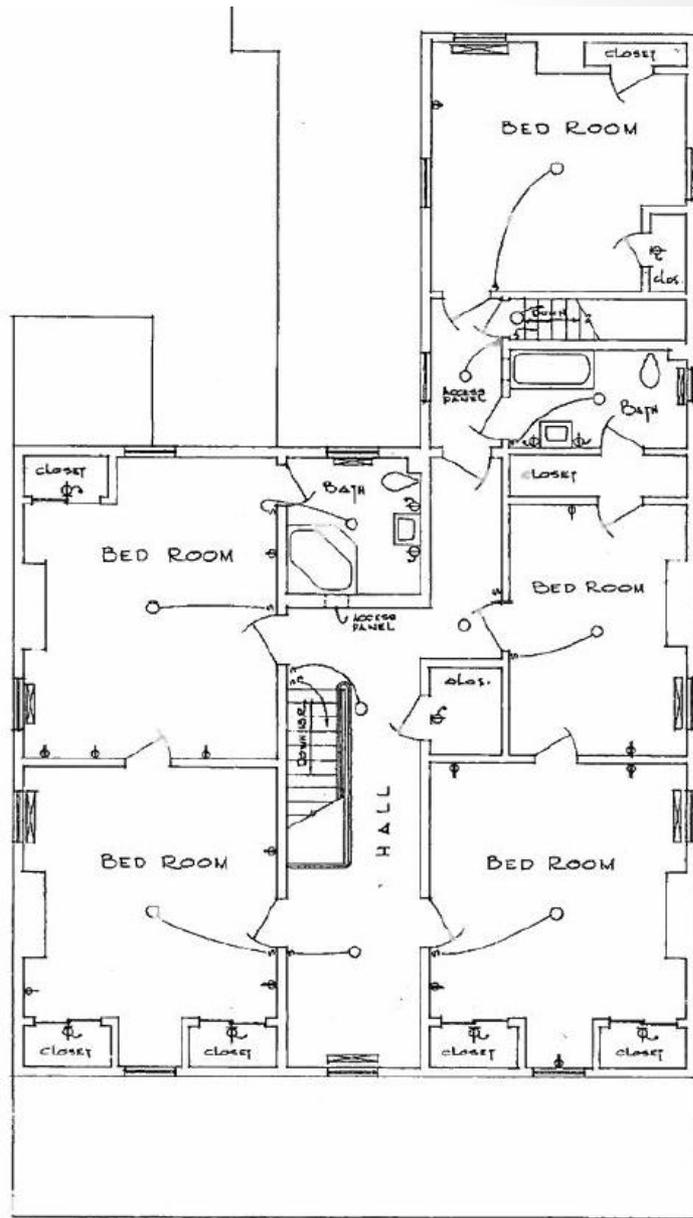


# Floor Plan



PLAN OF FIRST FLOOR

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PLAN OF SECOND FLOOR



# Rama Meditation Society

The Rama Meditation Society was founded by students of Rama – Dr. Frederick Lenz, who look to preserve and share his body of work and to support the continued transformation of those inspired by this teachings.

The Rama Mediation Society is excited to lead this initiative, perceiving it as a wonderful opportunity to collaborate with other organizations, who share a passion for meditation and meditation practice.

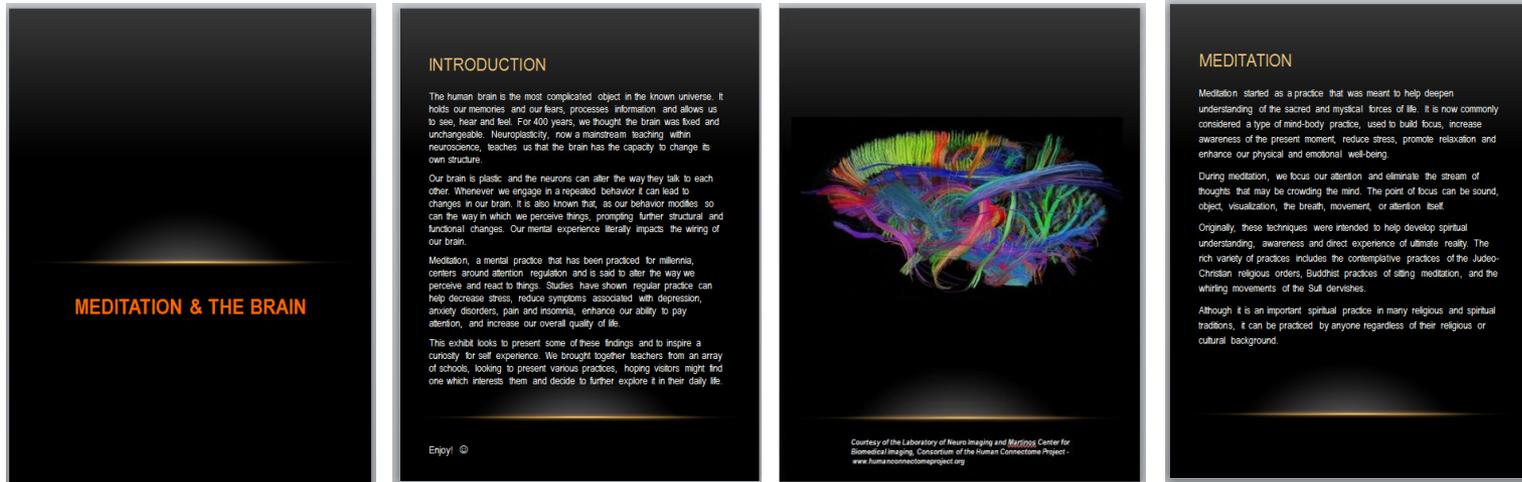
The RMS website provides access to dozens of free lectures on meditation and self discovery that can be used for continued practice. It also provides free meditation music.

We look forward to an amazing summer!

# Appendix

In conjunction with the daily workshops, an exhibit about *Meditation and the Brain*, will be mounted in the space dedicated to the event.

The exhibit focus on what has been proven so far to be the effects meditation can have on the brain. It will include brain scans and finding made by some of the top scientist of our time.



# Meditation Summer

Initiated and created by Nili Suhami, ***Meditation Summer*** looks to present a wide array of meditation practices, and inspire people to investigate the practice, believing it can make a profound impact on our quality of life.

Nili have been studying with students of Rama for the last decade. She teaches beginner meditation and is actively involved in the organization.

In November 2014, she unexpectedly met Roshi Doshin Michael of Integral Mondo Zen, and could not stop laughing for three days. She considers Doshin her teacher.

Sharing the gifts of the practice and mostly **laughter for all** serves as the main motivation behind this summer initiative.

Nili 😊

