

Aikido Shugyo

(Shugyo: "Austere Training" / "Training of The Spirit")

with **Tom Collings**
Sensei

February 17 1- 4pm

mat fee: \$30

This Saturday afternoon workshop will be a sampling and explanation of Tom Collings' **Shugyo Weekend Retreat** -

- Partially conducted in silence with opportunities for questions
- Seated Meditation: Misogi breathing / Samadhi breathing
Vipassana (mindfulness meditation) / Zen meditation
- Standing Meditation: Qigong / Ki awareness
- Moving Meditation: Silent Aikido / Zen walking / Qigong
- Sound practices: Kotodama / Healing sounds / Zen Mu practice

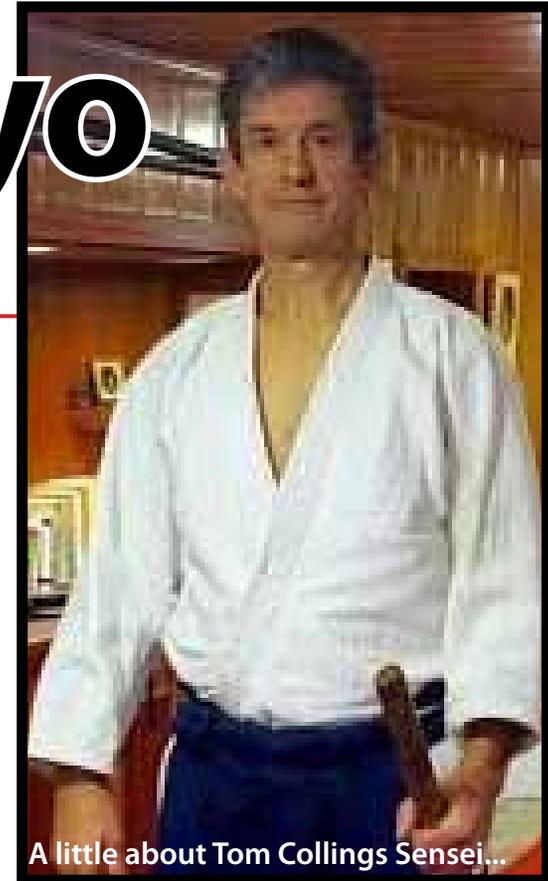
Full **Shugyo Weekend Retreat** would expand on all of the above and include -

- Sunrise / sunset meditations (rise as O-Sensei did at 4 am)
- Partial Fasting - Detoxification of both Body and Mind
- Sword immersion: Sustained Suburi / Tanren uchi
- Tea Ceremony: refreshments / snacks served in silence

Aikido Centers-East Hanover 55 Eagle Rock Ave. East Hanover, NJ 07936

www.AikidoCenters.com

Copies of his book "*Searching for O Sensei*" will also be available for sale and signing



A little about Tom Collings Sensei...

Tom earned his Aikido black belt in 1976 and went on to spend many years in Japan training at Aikido Hombu Dojo with Doshu Kisshomaru Ueshiba and Moriteru Ueshiba (O Sensei's son and grandson), Kazuo Chiba and the staff of Hombu Dojo as well as with Koichi Tohei and Michio Hikitsuchi and at the Iwama Dojo under Morihito Saito. While in Japan he studied Zen with Zen Master Hogen at Chogen-Ji Temple in Shizuoka and he has trained in China in both Tai Chi and Chi Gong.

He was a NYC parole and community corrections officer for 26 years and continues to provide personal security for various professions and special events and individuals in NYC as well as counseling young convicts and recovering addicts. And—he's a really good guy.