

Wed–Sun,
September
24–28, 2025

Crestone
Mountain
Zen Center



AIKIDO & ZEN

Tres Hofmeister shihan
Seishin Laurie Nusbaum

This seminar includes morning and evening zazen (sitting meditation), Aikido keiko, and taking part in community life at the Crestone Mountain Zen Center. While some familiarity with Aikido and with Zen meditation (or any other form of meditation) is helpful, previous experience is not a requirement.

\$495 for practice, meals, and lodging ♦ Register at dharma sangha.org
Crestone Mountain Zen Center, 2000 East Dream Way, Crestone, CO 81131