

TEEN-MIND AND BODY SEMINAR

SEMINAR INFORMATION

DATE: Saturday, July 1, 2017
TIME: 9:00 a.m. – 4:00 p.m.
PLACE: Midwest Buddhist Temple
435 W. Menomonee St.
Chicago, IL 60614
LIMIT: 45 people
FEE: Temple Member \$20.00, Non-Member \$30.00 (Includes vegetarian lunch, snacks, and beverages)
NOTE: Please wear loose-fitting, comfortable clothes like a jogging suit. Also bring a mat or blanket. No smoking (for those over 18 yrs. of age) or non-prescription drugs are permitted.
For additional information, please call the Midwest Buddhist Temple at 312 943-7801, Monday-Friday, 9:00 a.m.-4:30 p.m.

SEMINAR SCHEDULE

9:00 a.m. – 9:30 a.m. Registration/Consent Form/Activity Sign Up
9:30 a.m.- 10:30 a.m. Yoga Practice led by Susan Gilkey
10:30 a.m.-10:45 a.m. Break
10:45 a.m.-11:45 a.m. Qigong Practice led by Vera Kulezic
11:45 a.m.-Noon. Break
Noon - 1:00 p.m. Zen Shin Meditation led by Susan Gilkey
1:00 p.m. – 2:00 p.m. Lunch-vegetarian, peanut free (notify us of additional allergies)
2:00 p.m. – 3:00 p.m. Taiko drumming workshop led by Emily Harada & Ho Etsu Taiko
2:00 p.m. - 3:00 p.m. Alternate-Mindful Awe Walking led by Terry Cichocki
3:00 p.m. - 3:30 p.m. Taiko drumming performance-Ho Etsu Taiko Group
3:30 p.m. Closing

SEMINAR REGISTRATION

Payment is due no later than **Wednesday, June 28, 2017**. Please make check payable to Midwest Buddhist Temple. Credit card payments may be called in to Jesse-Office Mgr.

PARTICIPANT NAME: _____ AGE: _____ (IF UNDER 18, WAIVER AND CONSENT FORM IS REQUIRED WITH REGISTRATION)

ADDRESS _____

Email Address: _____

Preference for 2:00 P.M. session: Taiko Drumming _____ Mindful Awe Walking _____
(check one)

TELEPHONE (Home) _____ (Cell) _____

AMOUNT ENCLOSED _____

MAIL TO: MIDWEST BUDDHIST TEMPLE
435 W. Menomonee St. Chicago, IL 60614
312/943-7801 www.MBTChicago.org

The seminar will be electronics-free so we ask that no electronic devices are used during the seminar.

The Midwest Buddhist Temple is grateful to offer a mind/body seminar for teens. The program will consist of several activities with a common theme of promoting life balance, concentration and self- confidence. (Turn over for course and teacher information).

TEEN-MIND AND BODY SEMINAR

As a teen, you are in a transformation period and transition to the freedom and responsibility of adulthood. There are many new demands, new roles, and changes to experience, including physical, psychological, emotional, social and academic. No wonder it is a stressful time, but exciting too! Establishing healthful and wholesome habits and routines of self-care is part of moving towards healthy and meaningful independence.

The mind/body seminar will be made up of sessions of Yoga, Qigong, Zen Shin meditation- (the meditation practice at Midwest Buddhist temple; which combines the discipline of Zen with the awareness of oneness which is Shin) and Taiko drumming (see below for a brief description of Ho Etsu Taiko). As an alternate practice during the drumming workshop, we are offering a Mindful Awe walk outside, weather permitting.

These practices especially when incorporated into one's daily routines help with all aspects of life including relationships, sports, academics, job and health.

This seminar is for teens aged 12-19. Parents are invited but teens may also come unaccompanied. In both cases signed parental consent and waiver is required. The consent form is attached to the registration.

The faculty for this seminar will be as follows:

Dr. Susan Gilkey Yoga Movement (Please bring a mat or blanket)

Susan Gilkey is a retired physician. During her career she worked as a diagnostic radiologist at Cook County Hospital. She has been practicing yoga for 43 years and teaching for 16 years. Yoga is an ancient Indian system of health using movement, breathing, meditation and philosophy)

Susan is also a Minister's Assistant at Midwest Buddhist Temple. Susan teaches yoga in various community locations including Evanston and Cook County Jail. Susan facilitates Zen Shin meditation sessions at Midwest Buddhist Temple at 8:30am Sunday and 6pm Wednesday.

Susan will also be the leader for the Zen Shin meditation service.

Vera Kulezic Qigong

Qigong is a powerful system of healing focusing on cultivating and attracting life-force energies. Tailored to elicit well-being, focus, and vitality, this class for teens is based on ancient Chinese Qigong exercises that align breath with gentle movement. With regular practice teens can learn to channel their energy and develop increased concentration while cultivating positivity and serenity - essential for navigating through this important stage in life. Qigong is particularly noted for its simplicity which makes for easy learning and practicality for specific usage.

Vera Kulezic is co-owner of AcuBalance Wellness Center, LLC and is licensed and board certified in Acupuncture and Chinese Herbal Medicine. As a former high school English teacher and mentor, Vera has always had an interest in an altruistic career path and this coupled with a deep interest in the healing arts led her to the study of Oriental medicine. During her education and extensive volunteer work, Vera received unique training in the treatment of chronic disease and pain management and now devotes her practice to aiding people coping with challenging illnesses. Vera has been practicing Qigong for over 10 years and teaches beginner's level Qigong at AcuBalance Wellness Center in Chicago. A passion for staying physically and spiritually fit, Vera advocates that a wellness plan with a foundation in Chinese medicine has the power to cultivate better health, vitality and a tranquil state of mind starting with the very young.

Ho Etsu Taiko Taiko Drumming Workshop

Emily Harada will lead the workshop with other guest instructors from Ho Etsu Taiko. Ho Etsu Taiko is a collective of musicians with a fresh take on the art of Japanese drumming. Ho Etsu often pushes the envelope through collaborations with other taiko groups, musicians, and culturally-focused performance artists while always staying grounded in taiko's rich traditions. Evident in Ho Etsu's work is their deep Chicago roots and a variety of musical styles, from jazz to Latin and hip-hop. The workshop will be structured as: 1. Intro. Quick intro on taiko and background. 2. Warm-up 3. Instruction on how to hit. 4. Practicing drills 5. Teaching a short piece To learn more about Ho Etsu Taiko, visit them at www.hoetsu.org.

Lunch

Please notify us of any food allergies prior to the seminar. The lunch will be served free of peanuts.

Thai Lunch will be provided by Garlic and Chili Thai Restaurant and is vegetarian with no peanuts or other potential allergens. A portion of the lunch will be gluten free. Peanuts will be set apart from the meal for those with peanut allergies. If you have other dietary restrictions, please let us know prior to the seminar.