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# ICC

## MAY 12<sup>th</sup>

### 4:30-6:00pm

Okuma Garden House 1F

# Stillness



# Hour

Our minds are usually filled with all kinds of thoughts: information from outside sources like television, the internet, printed media, what our teachers, parents, and friends say to us, and our feelings and reactions to them. If you learn how to calm your mind and listen to the voice from within, then you will find it much easier to concentrate on the 'here and now', and it will gradually become clearer what is the right thing for you to do in all kinds of situations. This workshop is for those who are interested in meditation and wish to learn some exercises that can be used at home for regular practice. Both beginners and experienced mediators are welcome to participate. For this English language event, a Czech guest with experience teaching meditation internationally and a part time instructor at Waseda specializing in intercultural communication will coordinate the session.



**Abhisar Laza**, from Prague, Czech Republic, has been practicing meditation for 20 years. He has been teaching meditation in Europe, U.S.A., Canada, Korea and Japan and lecturing on peace philosophy at several universities.



**Harashita Sunaoshi**, English part-time instructor at the Waseda University School of Law. Her area of specialization is intercultural communication. Harashita has been practicing meditation for 9 years.

#### Notes For Participants:

- This is an English Language event.
- This activity is not related to any religion.
- Latecomers are asked to please enter quietly.
- Please turn off all cell phones.

**Date:**

May 12<sup>th</sup> (Mon) 4:30-6:00pm

**Venue:**

1F, Okuma Garden House (Bldg. 25)

**Eligibility:**

Waseda students and staff

**Language:**

English

**Fee:**

Free (Registration not required)

Inquiries: International Community Center (ICC)

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