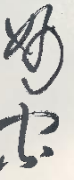
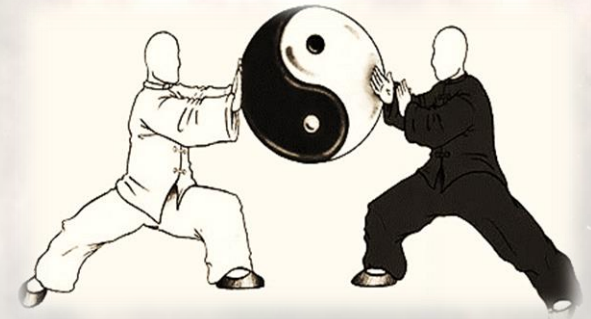


# Myoku Standard

## Regular Ongoing Class



We all know by now that mind and body work together. But, how can we live in harmony of the two? This course is an ongoing training to help (i) develop vitality/raise the vibration of the body through simple martial art movements, and (ii) develop a steady practice of meditation. It is a complete course of « mind-body » that lasts all year and is divided in 2 weekly sessions: **Meditation** and **Vitality**. «Vitality» is based upon karate and Tai chi movements to break thought patterns inscribed in the body and limiting the expansion of the “Self.” (Monday 18h30 to 19h45). And «Meditation» is both, sitting and standing (Qi Gong), in a Zen context to develop centering and consciousness of the “Self.” Reading of a koan at the end of the meditation class (Saturday 10h to 11h15h). Opens to all in a friendly atmosphere. You can join anytime. Comfortable/loose clothes.



\$110 / month for complete class

\$55 / month for either **Meditation** or **Vitality** class

To register & for more information: [myoku77@gmail.com](mailto:myoku77@gmail.com)

CoWork, 4388 rue Saint-Denis, bureau 200.

Viviane is a member of the **Kwan Um School of Zen** (NYC).  
She is 2<sup>nd</sup> Dan in **Kyokushin Karate** (IKO) and earned a certificate in **Tai Chi Chuan** from New York Shaolin Center. **Reiki** master (Usui).