

# Chair-Zen

**Meditation and general relaxation for  
those with and without disabilities**

Taught by  
Zen Instructor  
Daikan Rising Crow  
(a.k.a. Jesse)

A form of authentic Zen meditation adapted for those who use wheelchairs,  
those unable to sit on the floor, and/or anyone interested  
in relaxation, meditation, or reducing stress.

**Roads To Freedom Center for Independent Living  
~Fitness Center~**

**Starting Wednesday, Jan. 18, 2012**

**3:00-4:00 pm**

**(\$5.00 suggested donation)**

