

PERFORMING NOW!

Meditation, Improvisation, Transformation

an all day workshop with
Steve Clorfeine and Lanny Harrison
Saturday, January 21, 2012 10:30 – 5:30

We'll explore how relaxation and attention work together and lead us into playing openly with

**not knowing and trusting
not knowing and noticing
not knowing and staying with it**



Our practices include:

**movement & sound
meditation and awareness
structures for improvisation**

Lanny Harrison & Steve Clorfeine are meditation and arts students of Chogyam Trungpa and instructors in the Shambhala Buddhist tradition. They've been performing and teaching together for 35 years.

www.steveclorfeine.com www.lanny.metarts.org

Please bring a small, hard cushion for sitting meditation (chairs available) & a bag lunch.

**Westbeth Community Room, entrance through
155 Bank St. or 55 Bethune St.**

Fee: \$55. (\$45. for partially employed)

Please send a \$25. deposit or full payment to:

Steve Clorfeine 55 Bethune St. NYC 10014 #D351