

# Body and Mind Seminar

Limited to 45 students - Saturday, September 16, 2017

White River Buddhist Temple; 3625 Auburn Way N; Auburn, WA

Are you looking for peace and harmony of body & mind? In this seminar we are combining Yoga exercise, Zenshin Meditation, and Dharma Talk. Please wear comfortable clothes that allow free movement for exercising, and bring a yoga mat or blanket, or you could exercise from a chair.

## ~ 1/2-Day Session ~

8:30	Registration
9:00	Yoga Exercise and Meditation, Part 1 - Dr. Susan Gilkey
9:45	Break
10:00	Yoga Exercise and Meditation, Part 2 - Dr. Susan Gilkey
10:45	Break with Light Snacks
11:00	Zen Shin Meditation & Dharma Talk Dr. Susan Gilkey and Rev. Koshin Ogui
11:45-12:00	Clean up and set chairs for Sunday Service

## INSTRUCTORS

Susan Gilkey, MD is a native of Chicago and is retired after working for 25 years at Cook County Hospital in the department of diagnostic radiology. She has been a certified yoga instructor for 17 years and has taught yoga class at the hospital, in the community, at a homeless center and at the County Jail. Dr. Gilkey has authored a book about chair yoga called Sitting Yoga. A member of Midwest Buddhist Temple for 15 years, she is one of the Minister's Assistants, leading the Zen Shin Meditation service each week. We welcome Dr. Gilkey back to the Body and Mind Seminar at White River Buddhist Temple.

Rev. Koshin Ogui was born in Japan in 1940 and came to America as a BCA Minister in 1962. He was assigned to Los Angeles Betsuin Buddhist Temple, BCA Headquarters in San Francisco, Oxnard and Santa Barbara Buddhist Temples. Rev. Ogui studied at Yale University Divinity School, worked at New York Buddhist Temple, then at Buddhist Church of San Francisco in 1970, Cleveland Buddhist Temple in Ohio, and Midwest Buddhist Temple in Chicago, Ill. In 1992, Rev. Ogui was elected as Bishop of Buddhist Churches of America for two terms, eight years, April 2004 - March 2012, and is now at White River Buddhist Temple as a Retired Full-Time Resident Minister since May 2012.

*Thank you to the Akiko Mikami Shimatsu Foundation & Families for their generous support*

# REGISTRATION FORM

## September Body and Mind Seminar

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Date: Saturday, September 16, 2017

*Your generous gift offering is appreciated*

Mailing address: September Seminar  
White River Buddhist Temple  
PO Box 855  
Auburn, WA 98071-0855

[www.wrbt.org](http://www.wrbt.org)

Contact: BEC@wrbt.org

*We may be e-sending information to you prior to the seminar so  
please include your contact information*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Gift enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_

Suggested gift of \$15 - \$200

***Please return this completed form with your registration fee to the temple mailing address.  
Checks may be written to "White River Buddhist Temple". Temple Phone (253) 833-1442***

*Registration Deadline – Sunday, September 10, 2017*