

Ohashi returns to *Dai Bosatsu Zendo* for this special in-person gathering.

Ohashi Touch Zen Touch 2022

SEPTEMBER 3, 4 & 5

HISTORY OF OHASHI & ZENDO

From 1979 to 2005, students from all over the world came to Dai Bosatsu Zendo located in the beautiful Catskill mountain area of New York State. They came to study with Ohashi and his instructors, to practice Zen meditation, and to enjoy the exceptional environment around the Zendo. Amidst a cool, peaceful forest, beside the clear lake each summer, the Ohashi Institute held its annual retreat. Everyone left behind the heat and stress of the city, blaring radios and TVs and other distracting influences to allow themselves to learn and practice within a harmonious and healing environment.

This promising year, after a cruel pandemic, Ohashi is once again thankful and thrilled to offer you a rich experience in education and spiritual practice. Ohashi says, "The time has come to be with each other physically, to get in touch and touch each other. Let us share our energy."

In 2020 with the advent of Covid 19, we were taught to practice social distancing, which changed our lifestyles significantly. Keep your distance! Don't touch! No hugs! Don't breathe on me! We literally lost touch with friends and even at times our family members. These restrictions go against normal human behavior and caused emotional and physical stress. Humans need touch for social and emotional reasons, to make us feel connected and cared for. We need personal and professional touch: touch from our family and friends and touch from a trained expert that soothes and heals.

Now is the time to experience meaningful touch again

Ohashi Touch Zen Touch 2022

This year we are happy to be invited back to Zendo. Let's be in touch at the newly renovated Beecher House — with a spectacular view of the lake — and enjoy a peaceful Zen lifestyle.

September 3, 4 & 5, 2022, Ohashi and instructors will be teaching the essence of the OhashiMethod — offering effective techniques that achieve the joy of giving and receiving. There will be class each morning with Ohashi and a Certified Ohashiatsu® Instructor, and supervised practice sessions in the afternoon.

Private sessions and tutorials with Ohashi and Instructors will be available. (There is an additional fee.) Also, participants may hike the grounds or swim and boat in the lake, or simply rest in their free time.

**The course is
open to everybody.**

For more information please email your questions / comments to info@ohashi.com



HOW TO REGISTER

Register now for

Ohashi Touch, Zen Touch 2022
at OHASHI-Method.biz

Space is very limited.
Don't miss this exciting event!

Early registration until Aug. 21, 2022

Course fee: \$295 (\$395 after)

SAVE \$100

ROOM & BOARD

You have to reserve your room and board through Zendo. Accommodations are limited and on a first-come basis. Most registrants will be housed in the newly restored Beecher guest house; some may be housed in the Monastery. There is an additional cost for Room & Board apart from the course fee.

RESERVE YOUR ROOM & BOARD AT

[ZenStudies.org/event/
dbz-ohashi-touch-zen-touch](http://ZenStudies.org/event/dbz-ohashi-touch-zen-touch)

ABOUT THE MONASTERY

All registrants must adhere to Dai Bosatsu Zendo's **Covid** protocols explained here:

[ZenStudies.org/the-zen-studies
-society-covid-19-protocols](http://ZenStudies.org/the-zen-studies-society-covid-19-protocols)

Healthy vegetarian meals are served three times a day, on low tables and are silent. No meat, alcohol or recreational drugs are allowed at the Dai Bosatsu Zendo.