Zen & the Art of Psychotherapy
A Personal Development Seminar with Manu Bazzano

Saturday 22 June 10am-12.30
Hastings

For details and booking, contact Sue: susan.beaney1@btinternet.com 07949 068787

Embodied Dharma Practice is a way of being in the world. Not a system of beliefs but cultivating a sense of wonder, being a perpetual beginner and learning how to appreciate the mystery of things. There will be an introductory talk, experiential exercises and open discussion. Useful for therapists, professionals and anyone interested in Zen, meditation and existentialism.

Manu Bazzano, MBACP, UKCP, is an existential/person-centred psychotherapist in private practice in Hampstead, North London, a lecturer in humanistic psychotherapy at the University of Roehampton, London, and philosophy lecturer in adult education. He was ordained as a Zen monk in the Soto and Rinzai traditions. His latest book is Spectre of the Stranger: towards a Phenomenology of Hospitality. He edited the forthcoming After Mindfulness: New Perspectives on Psychology and Meditation (Palgrave Macmillan).

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