



The Gig: The client needed a short article to market this special event in *Natural Awakenings Magazine*, South Jersey's premiere healthy living magazine.

### Zen Chats with Seijaku Roshi at Yoga for Living

*"We say in Buddhism, 'do not squander your life'. What do we mean by 'your life'? Being who you truly are and living as you truly are as a benefit to others. Nothing else matters." - Seijaku Roshi*

Seijaku Roshi, founder of The Zen Society and Spiritual Director at the Pine Wind Zen Center, has been helping people live their true selves for more than 35 years. Now, he's sharing that wisdom in **Zen Chats: An Evening with Seijaku Roshi – Living a Zen Inspired Life** hosted by Yoga for Living, a Svaroopaa yoga center in Cherry Hill.

The Yoga for Living studio is a space of quietude and compassion where the programs and classes are bliss-filled opportunities to step out of the craziness of everyday and have a profound encounter with self. Through this exciting partnership, Yoga for Living and Seijaku Roshi are creating a unique and nourishing experience to help participants begin to deepen their connection to center, understand their purpose, let go of fear and recognize who they really are. Roshi's insightful guidance – imparted through meaningful dialogue, meditation tools and visualization techniques – offers both newcomers and longtime practitioners of yoga and meditation a path to a more purposeful and joyful life.

**Zen Chats** are held the 3<sup>rd</sup> Saturday of every month from 7pm to 9pm. Doors open at 6.30pm. \$10 Individual, \$15 Spouse/Partner. Registration is not required but is encouraged. Please visit [www.yogaforliving.net](http://www.yogaforliving.net) for more information or to register.

Event Location: Yoga For Living, Inc. • 1926 Greentree Road • Lower Level • Cherry Hill • NJ 08003  
• 856-404-7287