



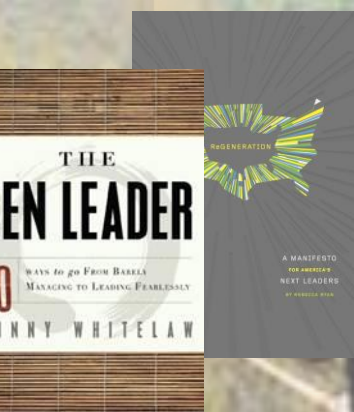
INSTITUTE FOR
ZEN
LEADERSHIP

A synthesis...
bringing Zen to leadership,
bringing accomplished leaders to an inspiring Zen Dojo,
accelerating the development of leaders who can create a better world

CitiZen

Awakened leadership
for the future of our cities

June 4-7, 2015



A leadership invitation...

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We invite you to join us for a weekend of training at one of the most inspiring places we know: in Spring Green, Wisconsin where a Rinzai Zen dojo is growing from the earth up. Here you'll find a rare synthesis where we bring leaders to Zen, that they can express Zen in the world through great leadership. Our CitiZen program brings together the reframing "flips" from Whitelaw's, *The Zen Leader* and Ryan's *Re-generation* work with the most innovative city leaders in North America. You'll experience morning and evening Zen meditation (with as much instruction as you need), remarkable meals, activities applying Zen to the future of cities, coaching, bodywork, and more. No previous Zen training or physical conditioning required. May this awaken the Zen Leader in you for the future of our cities.

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-Ginny Whitelaw & Rebecca Ryan



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The program includes:

From Coping to Transforming – Leading communities is messy, chaotic work. Explore with colleagues the pain we're dealing with in our communities, and learn how to flip your energy to transform the stickiest situations.

From Tension to Extension – Learn the Three Laws of Energy Management to ensure you always have gas in the tank.

From Playing to Your Strengths to Strengthening Your Play – Immerse yourself in the energy patterns of FEBI® exploring the patterns you favor, the patterns of your communities, how to develop any pattern you need and be supported by all of the patterns at once.

From Controlling to Connecting – Explore how to work with difficult others, and the invitation to Samadhi that opens a vast new leadership landscape.

From Driving Results to Attracting the Future – Discover why ordinary gap analysis gets everything backwards, and how to build a sustainable, driving rhythm toward your vision.



Supported by:

Morning and evening Zen meditation, breathing exercises, stretching, and other physical training to build leadership presence, power, sensitivity and intuition. Also includes an introductory session of deep-tissue bodywork, one-on-one coaching, time to reflect and walk the beautiful land.

Food is specifically designed to support the training. The program includes all meals from an opening dinner on Thursday through a closing lunch on Sunday.

Lodging is at The House On The Rock Resort, a short drive away. The Resort is itself a destination, known for its indoor pool and spa. While the program schedule is quite full, you'll have some flexible time on Friday and Saturday afternoons to take advantage of this beautiful venue. For more information: www.thehouseontherock.com.



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Schedule:

Thursday

- 5:30 pm Gathering, transport to Dojo
6:30 Group dinner
7:30 Evening program
9:30 Return to hotel

Friday, Saturday

- 5:30 am Transport to Dojo
6:00 Zen Meditation (Zazen), stretching
7:30 Breakfast
8:30 Morning Program
12:00 pm Lunch
12:45 Afternoon program
1:30 Flex schedule
5:30 Transport to Dojo
6:00 Dinner
6:45 Zazen
7:30 Evening program
9:15 Return to hotel

Sunday

- 5:30 am Transport to Dojo
6:00 Zazen, stretching
7:30 Breakfast, Samu
8:30 Morning program
12:00 pm Lunch and closing gathering
1:00 Adjourn

Lodging

A block of 2-room suites is being held at The House on the Rock Resort at the special group rate of **\$135/night** (single or double occupancy). King suites have a king bed in one room and a seating area in the other. Queen suites have a queen bed in each room. To receive this special rate, make your reservation before March 1, 2015 by calling **608-588-7000**. Ask for a suite in the "Institute for Zen Leadership" block and specify King or Queen.

Cost

The program fee is **\$985.00**. A number of partial scholarships are available to those who could not otherwise attend. Please email us at thezenleader@gmail.com prior to registering if you would like scholarship assistance.

You can register and pay online: www.institutezenleadership.org/programs/ongoing/ or complete and mail the form to the right, along with a check payable to IZL. Please register by March 1, 2015.

Registration

I'm registering for CitiZen on June 4-7, 2015

Name _____

Email _____

Mobile: _____

- ☐ Yes, I will be staying at the House on Rock Resort and have reserved a room.
- ☐ No, I will make other lodging arrangements.

Please mail, along with a check **payable to IZL** to: **Institute for Zen Leadership,**
1029 Park Road, Crownsville, MD 21032