

# ***Zen & the Art of Therapy***



**With Manu Bazzano**

***8 monthly 2-hour meetings online and in person from April 2021***

An exploration of a life-affirming perspective

That emphasizes the wonder, beauty, and complexity of being human.

Intended for both experienced practitioners and beginners

in the areas of spirituality, therapy, art, and philosophy.

The course will draw on the radical and poetic tradition of Zen Buddhism and on some of the more innovative aspects of contemporary psychotherapy.

Each session will comprise a lecture, discussion, and experiential work.

Manu is an author, psychotherapist, and ordained Zen monk.

Location: Waterloo, London, and online between 2-4pm

**23 April, 14 May, 18 June, 16 July,**

**17 Sept, 15 Oct, 19 Nov, 17 Dec**

If you are interested in taking part,

please email John Davis at

[jd-therapy@outlook.com](mailto:jd-therapy@outlook.com) or call 07801354803

Course cost: £275