



Shinzen Young Contact

The Five Ways to Know Yourself

A manual of my Basic Mindfulness System

<http://www.shinzen.org/Retreat%20Reading/FiveWays.pdf>

For more about Shinzen Young,
including a schedule of on-site retreats, blog & social media, go to:

www.Shinzen.org

For monthly, telephone-based
Home Practice Program
retreats, go to:

www.BasicMindfulness.org

For instruction and
questions answered, visit
Shinzen's YouTube Channels:

[www.youtube.com/user/
expandcontract](http://www.youtube.com/user/expandcontract)

[www.youtube.com/user/
ShinzenInterviews](http://www.youtube.com/user/ShinzenInterviews)

BASIC MINDFULNESS
Home Practice Program
Phone-based Classes & Retreats

Home Monthly Schedule Readings & Audio Guided Meditation Technical Info

HOW TO GET STARTED
[5 WAYS TO KNOW YOURSELF AS A SPIRITUAL BEING](#)
[TYPES OF PROGRAMS OFFERED](#)

About the Home Practice Program

A Message from Shinzen Young

Many people experience immediate positive effects from Mindfulness, but its real power to foster broad and deep psycho-spiritual transformation only becomes evident through ongoing practice. The problem is that most people are not able to get away on a regular basis to do extended retreats. Without regular retreats it is usually difficult to realize the exponential growth potential of the practice. Family and work responsibilities, the expenses involved and the travel required prevent the vast majority of those ready to take on a regular practice from doing so.

To overcome these barriers I have developed a unique program of monthly phone-based "mini retreats." These retreats involve guided practice, self practice, group discussion and a chance for one-on-one private interviews with a teacher - just like onsite retreats do. But these retreats are delivered via conference call to your home or anywhere you happen to be in the world. They typically last four hours.

Many of these mini retreats emphasize a specific theme such as working with emotions, managing physical discomfort, dealing with difficulty concentrating, maintaining practice in daily life and so forth. Taken together they represent a unified ongoing curriculum covering all facets of Mindfulness practice.

It is my hope that participating every month or two in relatively short but tightly structured programs will produce cumulative effects comparable to those you might get from onsite retreats in a practice center.

Shinzen Talks
Shinzen Interviews