

Kyudo

The Way of the Bow

Zen Center of Denver
Denver, Colorado



Kyudo is a meditative discipline that clears and polishes the mind. Training in the archery form of Kyudo challenges the student's diligence, patience and precision to synchronize body and mind in the simple activity of sighting a target and releasing an arrow with fullness and integrity. The result in the practitioner's mind can be a fresh awakening to the present moment.

During training intensives, students learn the basic Kyudo form and training etiquette. Age and/or body strength are not obstacles to training and practice.

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