

Master Tsai

Master Chufei Tsai founded Zen Village in Miami, Florida in 2000. After more than 28 years of global teaching and counseling human life crisis, she developed a training program integrates proven historical methods (ancient wisdom, philosophy) with scientific healing methods that allows individuals to heal, restore, and maintain optimum psychological, spiritual, physical and environmental health and wellbeing.

Master Tsai grew up with Confuciusm, Taoism and studied and practiced 20 years with the prominent leading Tibetan Buddhist master-His Eminence Jamgon Kongtrul Rinpoche, and prominent scholar yogi-Khenpo Tsultrim Gyamtso Rinpoche.

Now, Master Tsai has more than 15,000 students throughout the world. She offers classes in Eastern philosophy, various sacred path Meditation Methods, Integral Preventative Holistic Health Care System Training, and Quality Personal Development Programs for personal and spiritual healing development at Zen Village.



How Can We Benefit You?

Reeves, 40 years old, recovered arthritis for after 3 years' classes at Zen Village

“ Meditation, Qi gong and Tai Chi classes at Zen Village offered the magic and cured my 20 years arthritis in 2 years. I strongly recommend it to anyone who wants to have a strong body and mental strength.

Michael donated \$20,000 to the center in 2013

“ Zen Village transformed me from a lost boy that drop out of college to a man who runs a million dollars company today. Come join our family, we will guide you to achieve your prosperity!

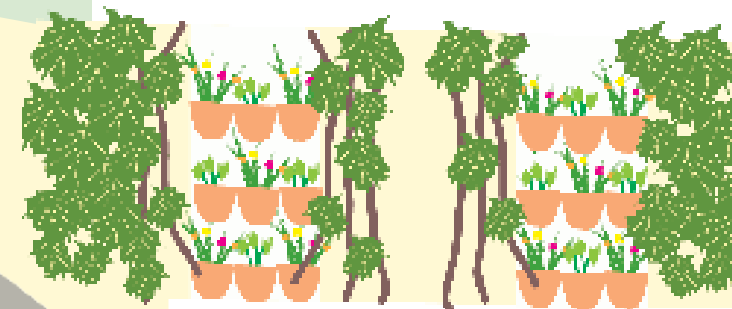


Heart for Humanity

Heart for Humanity is to provide health and wellness educates and care program for a healthier lifestyle to under-served populations. The program trains holistic wellness life coach in ancient theory and practices and provides them the opportunity to practice their learning thru working with senior homes and other under-served communities. Through the process, we hope those people in needs will heal, restore, and maintain optimum physical and psychological health; and our life coaches will become someone significant in the society in large.

Corporate Tao

The program provides a system of mental and physical rejuvenation that designed to have a profound impact on personal and corporate health. The training allows participants to gain confidence and inner equilibrium by giving them tools to optimize their mental, intellectual, emotional and spiritual aspects, thus balancing their whole-being, boosting immune system, work-life balance and brings productivity while addressing bad living habits, chronic health problems and reducing stress.



Problems Solved

Our society becomes more globalized and advanced with technology and it seems open up more success and health to the citizen, however, we do not feel the same way. We feel more insecure toward the success, because as our world become more globalized, we realize there is more to see and learn, while at the same time, we have to stay at the top as an American citizen, to be smart, strong and faultless; at the meantime, we are not guaranteed with a more superior medical service. The fear, pressure, stress and anxiety is weakening us both in personal and professional life.

70% of U.S. workers are actively disengaged, and feel vulnerable achieving the success

Health Affairs (2011)

More than **90%** of the time, the hospital medical detention of a hospital failed

According to Gallup (2013)

Mission

Zen Village is a nonprofit 501(c)(3) organization that operates as a community wellness and interfaith center. Master Chufei Tsai founded it in 2005, and she is also the main master in the organization. Zen Village aims to provide rehabilitative services by offering Eastern meditation techniques based on personal development stages in a healing environment. It not only provides solace to those in need, but also strives to improve their lives in a sustainable manner through changing negative, destructive behavior. Along with helping individuals achieving prosperous states, the center also provides a common meeting ground for people from all walks of life – a cultural intermingling of different races, religion, and beliefs. It inspires tolerance, hope, spiritual, and social harmony among the community. The funding of Zen Village is from its workshops, retreats and classes and donation.

Classes

Meditation

Tibetan beginner meditaitaion
Mindfulness meditation

Yoga

Tibetan yoga
Power yoga
Special needs yoga
Special kids yoga

Tai Chi

Beginner
Intermediate

For more information zenvillage.org



*a place...
you find a prosperous path,
mental strength, guidance,
love, care and peace*



**3570 Main Hwy, Miami
305-567-0165**



Invite You!



Date Sunday, May 17, 2014, 5-9 p.m.

Location Zen Village Courtyard
(3570 Main Hwy, Miami)

Program Morikami
Buddhist Monk & Nun Pray
Buddha Bathing Ceremony
Pamphlet in English, Spanish

Ticket \$55 General
\$45 Senior and student
Free for children under 6
(includes dinner, offering to sangha,
show, wish, prayers, fortune telling
and souvenir)

RSVP

please visit our website

For more Information

call 305-567-0165 | Visit zenvillage.org



FOR IMMEDIATE RELEASE

Nov.1, 2014

Media Contact:

Rincchen Norbu

Communication Officer

305-567-0165

Zen Village open house on ancient meditation to celebrate its new community programs

MIAMI- Zen village offers free ancient meditation to celebrate its new programs launch from 9 a.m. till 3 p.m. on Saturday, Nov. 15, 2014.

The new programs, Heart for Humanity and Corporate Tao, are the community outreach programs the founder, Master Chufei Tsai, designed to extend ancient blessings beyond the centre members to the whole community. The core of the programs is the ancient meditation techniques that have been around about 5,000 years in Asia. In the past, meditation is for fitness and releasing physical and emotional discomfort. Meditation helps practitioners to clear mind and concentrate on the moment, and the history proved it is a very effective technique to obtain peaceful and energized life attitude afterward. Understanding the changes from the past and the different obstacles we face in life stages, Tsai has modified the old technique and made it adaptable and applicable to nowadays life issues across the generations.

The modified techniques benefited more than thousands of Zen Village members.

The main mission of the programs is to increase the health and work productivity in the professional field. The open house is in the Zen Village courtyard, 3570 Main Highway, Miami, FL 33133. For more information, please call 305-567-0165 or visit www.zenvillage.org

Zen Village is a wellness center that located in Coconut grove, MiamiDade County, provides a peaceful and cultural environment that inspires living consciousness. It opens to everyone and the classes focus on discovering and developing personal values, potential, and inner strength through integrating ancient wisdom and spiritual techniques into everyday life. They aim to transmit skills and knowledge that are essential to prevent conflicts and bring about an inner balance, so they nurtures and centers an individual's mind, body, and spirit as a whole being, which leads to an ultimate prosperity for everyone.

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FOR IMMEDIATE RELEASE

Oct. 20, 2014

CONTACT:

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*** Media Advisory ***
Tibetan Lama Dance Festival

- What:** The annual Tibetan Lama Dance Festival is a special Eastern meditation in the ritual practice to promote a sense of calmness and power of spiritual strength. To perform the dance, the dancers need to have at least 10-years professional practice so they can pass on the stress relief power to the audience. Zen Village made commitment to perform the Guru Rinpoche Drubcho each year to help dispel sickness, famine, war and environmental disasters and bring blessing to the community.
- When:** Monday – Friday, Nov. 20 – 27, 2014 9:30 a.m. – 12 p.m. and 3:30 – 6 p.m. | **Drubcho prayer**
Sunday, Nov. 28, 2014, 9:30 a.m. – 5 p.m | **Lama Dance**
- Where:** Drubcho prayer: 3750 Main Highway, Miami, FL 33133
Lama Dance: 4020 Virginia Beach Dr., Key Biscayne, FL 33149
- Why:** The festival is to celebrate the birth of the great Buddhist Maha Siddha Guru Padmasambhava and to bring harmony to the community through its spiritual performance. Guru Padmasambhava has a superior power of his vow to protect beings in the dark era
- Admission:** Free Admission

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To: Cynthia H. Craft

From: Rnorbu@zenvillage.org

Date: Feb.10, 2014

Subject: Taoism, Confusion and Buddhism: an ancient prescription for life stage stress.

Good morning Cynthia,

I am the communication director of Zen Village for the past five years. I recently read your *Miami Herald* article about the advantages of Eastern meditation practice to reduce stress in a regular basis. As a center also aim to reduce life stage stress, we would like to offer you a 3-day ancient yoga meditation in Zen Village with our founder- Chufei Tsai. Tasi founded Zen Village with the modified meditation technique that has been around more than 5,000 years in Asia according to the history. The old technique is famous for its effectiveness of releasing stress and recovering some health disease; now, the technique become even more adaptable and applicable to nowadays society by assessing the needs of the practitioners and tailor specific training program for each practitioners to achieve their goals. One of our members recovered from her 30 years' arthritis after two years' practice in Zen Village. Therefore, we would like to invite you to come to our 3-day meditation class and experience the magic yourself, and we believe during the process, you will not only understand better of this ancient technique but also start your new journey of living consciously with less stress.

I will follow up in a few days. Thank you for your time and hope to talk to you soon.

Rinchen Norbu

Communication Officer

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305-567-0165

