Nature Somatic
Movement · Awareness · Connection

动 · 静 · 观
Movement · Stillness · Awareness ·



Somatic Movement & Zen Meditation

Explore gentle movement and seated meditation with pure observation.

No perfect posture. No need to empty your mind. Rest whenever you need.

CONFIRMED DATES · 2026

October 18 · November 8
December 13

4:00–5:00 p.m.

Suggested donation: $25

Palo Alto Zen Meditation Center

560 Oxford Ave #6B, Palo Alto, CA 94306

Led by Elaine Peng

Certified Feldenkrais® Practitioner
Dedicated Zen practitioner

REGISTER BY EMAIL

info@naturesomatic.com

Wear comfortable clothing.

Explore sitting, lying down, or standing, with curiosity and at your own pace.