

## Zen Arts Presentation Format

Before you begin, set up your equipment and have it ready for use (along with your 3x5 cards). Steps 1-5 are to be done **before** performing your art.

1. Introduce yourself and which art you are doing.
2. Talk about the history of your art
  - When did practice of the art begin?
  - What were its major developments?
3. Talk about how you have expressed or might express these Zen Principles in your art (both in the process and the product)?
  - The Middle Way
  - Impermanence
  - *Tao*
  - *Wu Wei*
  - *Wabi Sabi (if applicable)*
  - *Mushin*
  - *Satori*
  - How do you practice the art as a meditation?
4. Talk about any specific tools and techniques used in performance of the art (how to hold the equipment, how to use the equipment, how to stand, etc.)
5. Take a few calming/centering breaths (with whole class).
6. Silently demonstrate your art.
7. Take questions from class.
8. Give Phil your sources and journal with last homework.