

Hollow Bones Cyber Sangha Practice Program

Want more connection?
Can't make it to a retreat this year?
Need support in your 5 Element practice?
Got sangha?

Introducing ongoing 70-day practice groups to keep you focused, active
and inspired in your spiritual practice.

- Commit to specific 5 Element training practices.
- Engage in weekly phone calls for support and motivation with a Hollow Bones priest.
- Two group calls with a Hollow Bones Roshi.
- The refuge of sangha along your path.
- A suggested donation of \$210. Nobody turned away.
- Starting date will depend on registrations. This will be communicated by facilitator.

Requirement: All participants must have been facilitated through the Mondo Zen process at least once. This can be either at a retreat or with a priest/facilitator in person or via Skype.

If you are interested or even curious, contact [Engo Michael Jackson](#) for more details.