

Breathe from the Heels



深
禪

© MarcoSanchez.net



Respirational Arts and the Zen Flute of Nothingness



The Japanese shakuhachi flute reflects the raw sound of nature and conjures primordial dream states. Spiritually and physiologically, esoteric monks played them as breath awareness, energy cultivation and ego-crushing tools since circa 800 C.E.

Drawing on his 30-year musical career, woodwind master and breath wizard Cornelius Boots offers a peek behind the curtain into these “mysterious” practices. Experience their deep resonance in a “lecture performance” at the nexus of contemplation and sound, featuring traditional Buddhist and nature songs as well as original compositions and arrangements.

Cornelius will incorporate direct personal experience in the context of Zen and Taoism, and share the shakuhachi’s practical relevance to modern life in this fun, yet reverential event for students of music and life.

corneliusboots.com

shinzenshakuhachi.com

“All follows from the return to the breath, so there is a reverent and contemplative side. But there is also the fact that I view shakuhachi players as the vocalists among the woodwinds – and the Jedi of the music world.”

SATURDAY

JULY 6

2-4 PM

SAMAVESHA PRESENTS AT THE

BERKELEY ROSE LABYRINTH
2138 CEDAR ST (@VINE)

\$15 ONLINE \$20-30 AT THE DOOR

WWW.CORNELIUSSHINZENBOOTS.EVENTBRITE.COM

WWW.SAMAVESHA.ORG

Cornelius Shinzen Boots is an award-winning composer, performer and teacher, specializing in bass clarinet and Taimu-shakuhachi.

He has presented classes at San Francisco Conservatory, Cal Arts, and UCLA, and has been teaching privately since 1997.

Cornelius holds three music degrees from Indiana University, and a Jun Shihan in shakuhachi from Grandmaster Michael Chikuzen Gould.

Cornelius is endorsed by Vandoren and affiliated with Mujitsu Shakuhachi, Wen Wu School of Martial Arts, Chikuzen Shakuhachi and Shinzen Shakuhachi.