



FOR IMMEDIATE RELEASE
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**WALK THIS WAY
AND DISCOVER INNER PEACE AT OSMOSIS DAY SPA SANCTUARY**

**New Inner Journey Includes Guided Meditation Garden Walk
& Gourmet Boxed Lunch with Spa Treatment**

Sundays, 11:15 AM and 12:30 PM, September 27th - October 18th, 2009

FREESTONE, CA At the core of the Osmosis experience is the spa's unique meditation garden. Built to enhance and build on the key reflective elements of a profoundly transformative spa experience, the Osmosis meditation garden was carefully designed to transmit inner quietude. The garden's architect, renowned British horticulturalist Robert Ketchell was inspired by the ancient Chinese story of *The Ox and the Ox Herder*, and he used the Zen parable as the underlying theme upon which the one-acre garden was built.

Few know that the garden recreates the ten stages of the journey to spiritual awakening. As guests follow a winding path around a koi pond, past a waterfall accented by colorful Japanese maples and sculpted conifers, they also encounter a subtle sequence of ten distinct rock arrangements that liken the struggle with the unruly nature of our mind to the effort it takes to capture and train the Ox.

A few years after the garden was completed, a Sonoma County meditation teacher was attracted to the grounds and began leading meditation classes every Thursday morning in the garden. Myosho Ginny Matthews turned out to be a 35-year student of the venerable Zen teacher Sasaki Roshi (now 102 years old and still actively teaching). A primary means of Ginny's learning was the study of the parable of *The Ox and the Ox Herder*, which has been used to train acolytes for centuries in the Orient.

"2009 is the year of the Ox, so Ginny and I decided this is the perfect time to share this profound story with our guests," says Osmosis founder Michael Stusser.

Featuring swaying bamboo, stepping stones, and an array of native plants in subdued colors, the Japanese garden has its own aesthetic. "Japanese gardens do not simply copy nature. They are intended to reflect a heart-warming, spiritual beauty that surpasses nature," says Ginny. The result is a type of beauty that brings a deep sense of tranquility, taking the spa experience to a deeper level for each guest.

This autumn, Ginny will be leading a wonderful walking explanation of the story of *The Ox and the Ox Herder* in the garden, followed by a short offering of meditation instruction. This **Osmosis Inner Journey** includes a gourmet box lunch, and can be added to any spa treatment for only \$15 on Sundays from September 27th - October 18th, 2009. Guests should plan on spending most of the day at Osmosis while dropping into a profound peaceful place within, during the most beautiful weather of the year in Northern California.

For more information or to reserve your space, please call Osmosis at 707-823-8231. Visit online at www.osmosis.com. A healing sanctuary nestled in the rolling hills of Sonoma County, Osmosis offers calming meditation gardens, unique cedar enzyme baths from Japan, nurturing 75-minute massages, organic aromatherapy facials, and an environment in resonance with nature.

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