

# Registration Form

## Introductory Meditation Course

\$160. Five Thursdays, 6:30–8:30 pm, beginning:

- March 5     April 16     May 28  
 July 16     September 10     October 22  
 Jan. 14, 2010     March 4, 2010

## Overnight Introductory Meditation Course\*

**Beginner's Zen Retreat** \$160. Friday at 7 pm–Saturday at noon

- March 6–7     July 17–18     December 4–5  
 March 5–6, 2010

## Yoga I

\$60. Six Tuesdays, 6–7:30 pm, beginning:

- March 3     April 14     May 26  
 September 8     October 20     January 12, 2010  
 March 2, 2010

## Yoga II

\$60. Six Tuesdays, 6:30–8 pm, beginning:

- March 3     April 14     May 26  
 July 7     September 8     October 20  
 Jan. 12, 2010     March 2, 2010

\$60. Six Thursdays, 6:30–8 pm, beginning:

- March 5     April 16     May 28  
 July 9     September 10     October 22  
 Jan. 14, 2010     March 4, 2010



Zen Buddhist Temple

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Ann Arbor, Michigan 48104 (734) 761–6520

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## Special Yoga Events

- Yoga of Recovery** Six Wednesdays 6–8 pm, beginning May 6. \$60  
 **Mindfulness Yoga** by Bopsa Frank Boccio. Saturday, August 15. \$100  
 **Yoga Workshop** Saturday, 10 am–4 pm. \$75  
 June 6     November 7

## One-Day Retreats\*

Saturday, 7 am–5 pm, \$60 (\$50 for members)

- May 2     August 8     September 12 (for women)  
 November 7     December 26

## Yongmaeng Jeongjin: 3 or 5-day Intensive Retreats\*

\$60 per day (\$50 per day for members)

- April 2–5     June 28–July 3 (Toronto)     October 1–4  
 October 9–12 (Toronto)     December 26–31 (Chicago/Toronto)

- Way-Seekers' Kitchen Practice:** 9:30 am–2 pm, March 28 & April 18. \$80  
 **Storytelling Workshop:** 10 am–1 pm, October 17. \$75  
 **One-Day Seminar on Ancient Wisdom Today:** 9 am–4 pm, Oct. 24. \$60  
 **Other:**

\* Please bring a sleeping bag and/or sheets and blankets, a pillow and warm, loose-fitting, comfortable clothing in subdued colors.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City & Zip Code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

To register, please include a deposit of \$30 or full payment of \$\_\_\_\_\_. Make check or money order payable to Zen Buddhist Temple.