



zen buddhist temple

297 College Street, Toronto, ON M5T 1S2 • (416) 658-0137 • toronto@zenbuddhisttemple.org

Registration Form

Introductory Meditation Course

Five Thursdays, 6:30–8 pm, \$160

- | | |
|---|---|
| <input type="checkbox"/> Beginning March 11 | <input type="checkbox"/> Beginning September 9 |
| <input type="checkbox"/> Beginning May 13 | <input type="checkbox"/> Beginning November 4 |
| <input type="checkbox"/> Beginning July 15 | <input type="checkbox"/> Beginning January 13, 2011 |
| | <input type="checkbox"/> Beginning March 10, 2011 |

Overnight Introductory Meditation Course*

Beginner's Zen Retreat, Friday, 7 pm–Saturday, noon, \$160

- | | |
|--------------------------------------|--|
| <input type="checkbox"/> March 26–27 | <input type="checkbox"/> September 24–25 |
| <input type="checkbox"/> June 4–5 | <input type="checkbox"/> November 19–20 |
| <input type="checkbox"/> July 30–31 | <input type="checkbox"/> January 28–29, 2011 |
| | <input type="checkbox"/> March 25–26, 2011 |

Advanced Meditation Course

Four Tuesdays, 6:30–8:30 pm, \$160

- Beginning March 16

Tibetan Breathing Workshop Saturday, 1–5 pm, \$70

- April 10 August 14 November 13 February 12, 2011

Meditation Retreats* \$60/day (\$50 for members)

- | | | |
|---------------------------------------|---|--|
| <input type="checkbox"/> April 2–5 | <input type="checkbox"/> June 30–July 5 | <input type="checkbox"/> August 20–22 |
| <input type="checkbox"/> October 8–11 | <input type="checkbox"/> December 26–31 | <input type="checkbox"/> February 19, 2011 |

Purification Retreats Saturday 9 am–7 pm, \$60 (\$50 for members)

- April 17 July 17 October 30

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

Name (please print) _____

Street _____

City _____ Postal Code _____

Phone Number _____

Email _____

Credit Card # _____ Exp. Date (MM/YY) _____

To register for a course or retreat, please mail this form with a deposit of \$30 or the full amount \$_____ to: Zen Buddhist Temple, 297 College Street, Toronto, ON M5T 1S2. Please pay by check or give credit card information.