

SANTA MONICA ZEN CENTER

Invites You to Attend
A Re-introduction to Your Original Self



A Day Devoted to Zen Training

This workshop offers instruction in the
fundamentals of Zen Practice,
focusing on Body Posture, Breath, and Mind.

SATURDAY JANUARY 29, 2005

9:00 am - Noon

\$50/non-members \$30/members

SANTA MONICA ZEN CENTER

1001-A Colorado Avenue

Santa Monica, CA 90401

(310) 572-9070

(Payment due in full at time of registration)

www.smzen.org

smzc@aol.com

The Santa Monica Zen Center is a Volunteer Non-profit Charitable Organization



REGISTRATION FORM

INTRO TO ZEN TRAINING

SATURDAY, JANUARY 29, 2005

NAME: _____

ADDRESS: _____

CITY: _____ STATE/ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

E-MAIL: _____ MEMBER: YES ___ NO ___

PAYMENT ATTACHED: \$_____ CHECK _____ CASH _____ *(Please do not mail cash)*

Please complete and detach this section and mail or bring in person with payment to:
Santa Monica Zen Center, Attention: IZT Coordinator, 1001-A Colorado Blvd., Santa Monica, CA 90401