Buddhist Society for Compassionate Wisdom
Zen Buddhist Temple
1214 Packard Street, Ann Arbor, MI 48104 (734) 761-6520

Name (please print) ..................................................................................................................

Address ..................................................................................................................................

City/State/Zip ............................................................................................................................

Phone ....................................................................................................................................... Email ..................................................................................................................................

To register for a course or retreat, please send a deposit of $25. Make checks or money orders payable to: Zen Buddhist Temple, then mail deposit and form to the temple, address above. Discount rates are available to members for some courses and retreats. For all courses and retreats, please wear warm, loose-fitting, comfortable clothes in subdued colors.

Introductory Meditation Course
FIVE THURSDAYS, 6:30-8:30PM, $120
○ Beginning April 20
○ Beginning May 25
○ Beginning July 13
○ Beginning September 14
○ Beginning October 26
○ Beginning January 11, 2007
○ Beginning March 8, 2007

Overnight Introductory Meditation Course
7PM FRIDAY—4PM SATURDAY, $160
○ July 21-22
○ December 1-2
○ March 9-10, 2007

Yoga Course
SIX TUESDAYS OR THURSDAYS, $60
YOGA I: 6—7:15PM (TUESDAYS ONLY)
YOGA II: 7:30-9PM (TUESDAY) OR 7-8:00PM (THURSDAY)
○ Beginning April 18 & 20
○ Beginning May 30 (Yoga I)
○ Beginning June 1 (Yoga II)
○ Beginning July 11 & 13
○ Beginning September 12 & 14
○ Beginning October 24 & 26
○ Beginning January 9, 2007
○ Beginning March 6 & 8, 2007

Deepening Meditation Practice
4 SESSIONS, 7-9 PM, $60
○ Dates TBA

Yoga Relaxation & Breathing Workshop
10AM—4PM, $60
○ June 3
One Day Retreats
SATURDAY 7AM—5PM
$50/MEMBERS, $60/NON-MEMBERS
Participants may arrange to stay over
Friday evening.
- May 6
- August 12
- Sept 16 (women)
- Nov 11 (men)
- January 20, 2007

Other Programs
Please contact the temple for more information
- Life of the Buddha: 11:30am – 1pm,
  October 15, 22, 29, & November 5
- Core Teachings of the Buddha Study Group
- Zen Calligraphy Workshop
- Buddhism 101:
  The Heart of the Buddha's Teaching
- Vegetarian Cooking:
  Not to harm, but to cherish all life
- The Brahmaviharas:
  Compassion, Loving-Kindness, Equanimity
  and Sympathetic Joy
- The Heart Sutra

Yongmaeng Chongjins
Three & Five Day Retreats
$50/DAY MEMBERS
$60/DAY NON-MEMBERS
Please bring a sleeping bag or blankets.
- April 6 - 9 (Ann Arbor)
- April 14 - 17 (Toronto)
- June 29 – July 4 (Toronto)
- October 5 – 8 (Ann Arbor)
- October 6 – 9 (Toronto)
- November 23 – 26 (Chicago)
- December 26 – 31
  (Chicago, Toronto, Mexico City)
- December 27 – 31 (Ann Arbor)