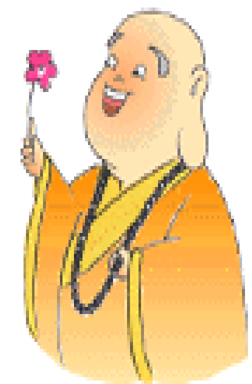
Zen



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Time: Wednesday 7:30PM-9:00PM

Date: **1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24**

Tuition Fee: $ 50 for all 8 classes;
$10 for each

Address: **Greater Boston Buddhist Cultural Center**
950 Mass. Ave., #C -1, Cambridge, MA.02139
Tel: (617) 547-6670, Fax: (617) 868-1189
E-Mail: mankuang@hotmail.com

Registration Form for Meditation Class

Name		Tel	(O)	(H)
			E-Mail:	
Address:				
Fee: ☐ Paid ☐ Unpaid	☐ Cash ☐ Check	Experience in meditation		

We will begin each session with warm up exercises, followed by sitting and walking meditation, and then conclude with discussion.