

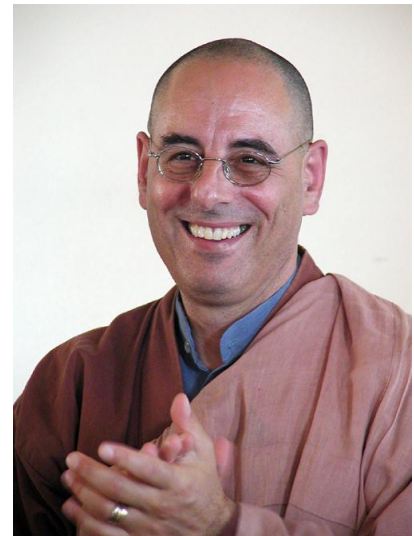


# Zen Studies Retreat with Zoketsu Norman Fischer “On Healing Emotions”

Saturday, Oct 2, 8 am - 5 pm  
Sunday, Oct 3, 8 am - 4 pm

Red Cedar Dharma Hall 1021 N. Forest Street, Bellingham

Zoketsu Norman Fischer offers teachings on our emotional life reflecting new learning in psychology and neurology in the light of ancient truths and practices of Buddhism. Norman will be working from the book *Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health* by Daniel Goleman.



Two talks with question-and-answer periods each day, plus sitting and walking meditation.

A vegetarian lunch will be provided both days.

Scholarships to cover up to half of the retreat cost are available. Contact the registrar ([registrar@redcedarzen.org](mailto:registrar@redcedarzen.org)) before Sept. 15.

Registration fee (sliding scale) \$60 - \$120. Register by September 26<sup>th</sup>.

**Register on line at [www.redcedarzen.org](http://www.redcedarzen.org).**

*(Credit cards can be used in the on-line registration process)*

or

**Complete the form on the back of this page and return to the dharma hall with your deposit, or mail to:**

Red Cedar Zen Community Registrar

P.O. Box 5193

Bellingham, WA 98227

## REGISTRATION FOR STUDY RETREAT ON OCTOBER 2-3, 2010

Name \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State/Province \_\_\_\_ Zip/PC \_\_\_\_\_

Are you on our mailing list? \_\_\_\_ Address change? \_\_\_\_ New to mailing list? \_\_\_\_

Emergency Contact \_\_\_\_\_

Contact Phone \_\_\_\_\_ Relationship to you \_\_\_\_\_

Have you attended a retreat previously? \_\_\_\_\_

Vegetarian lunch will be provided each day. Do you have any dietary needs or restrictions? \_\_\_\_\_

Will you need overnight accommodation in Bellingham? \_\_\_\_\_

Allergies or requests? \_\_\_\_\_

Can you provide someone with housing? \_\_\_\_ How many guests? \_\_\_\_

We cannot guarantee housing. ***Please register early*** if you need housing in Bellingham and we will do our best.

### MONEY

**Registration** for this event is \$60 - \$120 sliding scale.

How much are you committing to? \$\_\_\_\_\_

Deposit \_\_\_\_ or full \_\_\_\_ payment enclosed? \$\_\_\_\_\_

Note: A non-refundable deposit of \$30 is required to complete your registration. The balance is due on arrival at the retreat.

If you would like to request a scholarship, contact the registrar by October 3 at registrar@redcedarzen.org or 360 312-7088. Scholarships are available for one half or one quarter off the registration fee.

**Teacher Support:** Payment to the teacher is not included in the registration fee. There will be an opportunity to make a separate donation (dana) to the teacher at the retreat.

**Registration checks payable to Red Cedar Zen Community**