

H A L F D A Y Z E N R E T R E A T



ZEN BUDDHIST MEDITATION

HALF DAY ZEN RETREAT

SUNDAY, FEBRUARY 5TH / 8AM - 11AM
NORTH SHORE ZENDO
4080 ST. GEORGES AVENUE, NORTH VANCOUVER

This half day retreat will be led by **Kim Hoben Hansen**. It is suitable for both beginners and experienced students. It will include periods of zazen (sitting meditation), kinhin (walking meditation), a service and dharma talk.

There will be **instruction** and orientation for **beginners and newcomers** wishing to learn zen meditation.

RETREAT FEE: \$10-20

Kim Hoben Hansen is the community leader of the North Shore Zendo, a non-profit Zen Buddhist community in North Vancouver. He is a Dharma Holder in the lineage of Chozen and Hogen Bays the Co-Abbotts of Great Vow Zen Monastery. Hoben has trained in Zen Buddhism since 1995.

FOR FURTHER INFORMATION OR TO REGISTER, CONTACT THE REGISTRAR:

PAUL FROST

EMAIL: paulnv@hotmail.ca

PHONE: 604-986-9765

Sponsored by:

NORTH SHORE ZENDO 4080 ST. GEORGES AVENUE, NORTH VANCOUVER, BC V7N 1W8
TEL: (604) 990-6792 WWW.NORTHSHOREZEN.ORG

北
海
岸
禪
堂

H A L F D A Y Z E N R E T R E A T



NORTH SHORE ZEN DO
HALF DAY ZEN RETREAT

NORTH SHORE ZEN ASSOCIATION REGISTRATION FORM

HALF DAY ZEN RETREAT, SUNDAY FEBUARY 5th

Please complete this registration form and mail it with the retreat fee of \$10-20 payable to **North Shore Zen Association** to:

NSZA, Attn: Paul Frost
4080 St. Georges Ave. North Vancouver, B.C. V7N 1W8

Name: _____

Address: _____

Postal Code: _____

Telephone: _____ email: _____

I have previously completed a Zen meditation retreat: YES NO

I would like Zen meditation Instruction: YES NO

FOR FURTHER INFORMATION OR TO REGISTER, CONTACT THE REGISTRAR:

PAUL FROST

EMAIL: paulnv@hotmail.ca

PHONE: 604-986-9765

