



## Vancouver Zen Group

Please print this form to register for Vancouver Zen Group retreats. You may pay the retreat fee by cheque, cash or money order and enclose it with this form. Cheques are made payable to Kris De Volder. Please drop off the form and fee at regular practice times or mail to:

**Vancouver Zen Group**  
**c/o Kris De Volder**  
**104 - 1526 Arbutus Street**  
**Vancouver, BC V6J 3W9**

Fees are:  
\$40/day for Kwan Um School of Zen members  
\$55/day for non-members  
\$100 for all three days of Yong Maeng Jong Jin retreats

One-day retreats are by donation only. No registration form is required.

Fee enclosed: \_\_\_\_\_

Name

\_\_\_\_\_

Phone

\_\_\_\_\_

Address

\_\_\_\_\_

\_\_\_\_\_

Email address

\_\_\_\_\_

Retreat Date

Is this your first retreat?

\_\_\_\_\_

Allergies/special needs

\_\_\_\_\_

Name & Phone of emergency contact

\_\_\_\_\_

*Please wear comfortable clothes. All meals are vegetarian. Retreat participants are welcome to bring sleeping bag and stay overnight in the dharma room during retreats but accommodations are basic (i.e. sleeping on floor, no showers). If you need more information, please email [info@zen-group.org](mailto:info@zen-group.org) or call Kris at (604) 222-4411.*

**104 - 1526 Arbutus St. • Vancouver, BC V6J 3W9 • 604-222-4411**  
**[www.zen-group.org](http://www.zen-group.org) • [mail@zen-group.org](mailto:mail@zen-group.org)**