



Victoria Zen Centre

4970 Nagle Road RR#6

Sooke, BC

V9Z 1C7

Fundamentals of Zen Practice

Building on the foundation of practice established through the Introduction to Zen Meditation Course, you will be introduced to some of the fundamental teachings of Zen Buddhism. Our learning will be done in the context of our practice and not as an abstract intellectual pursuit. These fundamentals, once actualized in our daily activities, function as a framework and guide to manifesting our life, our work, and our relationships with clarity and harmony. Group activities and weekly practice assignments ask that we take these teachings out of our head and engage them in the day to day unfolding of our lives.

Course calendar*

- Day 1:
- 25 minutes of formal practice.
 - Introduction to Sange (repentance/purification).
 - Group activity, Q&A.
 - Informal tea, discussion, and weekly practice assignment.
- Day 2:
- 25 minutes of formal practice.
 - Review of previous weeks practice assignment.
 - Introduction to the Threefold Refuge (Buddha, Dharma, and Sangha).
 - Group activity, Q&A.
 - Informal tea, discussion, and weekly practice assignment.
- Day 3:
- 25 minutes of formal practice.
 - Review of previous weeks practice assignment.
 - Introduction to the five Sila (precepts).
 - Group activity, Q&A.
 - Informal tea, discussion, and weekly practice assignment.
- Day 4:
- 25 minutes of formal practice.
 - Review of previous weeks practice assignment.
 - Introduction to the Four Bodhisattva Vows.
 - Group activity, Q&A.
 - Informal tea, discussion, and weekly practice assignment.

*Course content is subject to change without notice.

The 2009 Fundamentals Series will be held on:

Alternating Thursday evenings 7:30-9:30 pm

May 14th, 28th, June 4th and 18th

September 24th, October 8th, 22nd, and November 5th

All sessions are held at our main Zendo at 4970 Nagle Road in Sooke.

Membership in the Victoria Zen Centre is a prerequisite for enrollment the Fundamentals Course.

Fees for the Fundamentals of Zen Practice course and materials are \$295. A non-refundable deposit of \$50 is required to reserve a seat, **with the balance due one week before the first day of the course.** Cash, cheque, VISA, and MASTERCARD are accepted. Cheques are payable to "The Victoria Zen Centre". There are no refunds.

Please return the attached application form with your payment to:

Victoria Zen Centre
4970 Nagle Road RR#6
Sooke, BC
V9Z 1C7

Enrollment is limited to eight (8) participants in each course.

Victoria Zen Centre - Programme Application

Please use additional pages if required

Name and date of Course applied for (dd/mm/yy): _____

General Information

Name: _____ Gender: M / F

First Middle Last

Address: _____ Home Phone: () ____ - ____

_____ Marital status: _____

Date of Birth: (dd/mm/yyyy) _____

E-mail address: _____

Please Charge my: VISA MASTERCARD (circle one)

Card Number: _____ Expiration: _____

Name as it appears on the card: _____ Signature: _____

Medical Information

Emergency contact person: _____ Phone: () ____ - ____

Address _____ Relationship: _____

Family physician: _____ Phone: () ____ - ____

MSP Health number: _____ list any additional health coverage:

List any allergies (e.g. food, pollen, bee stings, or medicinal): _____

Describe reaction(s): _____

List all current medications: _____

Do you or have you ever had any of the following:

___ AIDS/HIV

___ Diabetes

___ Joint injuries

___ Asthma

___ Epilepsy

___ Mental illness

___ Back Injuries

___ Anemia

___ Severe headaches

___ Bleeding disorders

___ Heart problems

___ Shortness of breath

___ Chest Pain

___ High blood pressure

___ Tuberculosis

If yes to any of the above, please describe treatment: _____

List all your health concerns: _____

Please describe any recent surgeries or hospitalizations:

Surgery/Hospitalization	Reason	Dates
_____	_____	___ / ___ / ___
_____	_____	___ / ___ / ___

Have you ever been treated for or taken medication for any kind of mental health issue?

Yes No Psychiatrist name: _____ Phone: _____

If yes, please describe: _____

Do you need special consideration for any health reasons? (Disability, special diet, asthma, bad back, etc.) _____

Release Agreement

The Victoria Zen Centre (VZC) is a religious and non-profit society of limited financial means.

It is made possible by the goodwill of practitioners and supporters.

In consideration of this, I hereby agree that:

- (i) The Victoria Zen Centre shall not be held accountable for and has no legal responsibility for any personal injuries suffered or caused by me during or as a consequence of my participation in VZC programmes or activities.
- (ii) I allow the Victoria Zen Centre to contact anyone named on this form in situations affecting my safety.

Date: ___ / ___ / ___ Signature: _____