

# LEARN HOW TO MEDITATE & RELAX

creating calmness in your life

**Dates: 10/8—10/22, 11/12—11/26, 12/3 & 12/10**

Saturdays, 10:00am—11:30am  
(8 meetings per term)

**Fee:** \$10 each session

**FIRST SESSION FREE**

**Address:** A.B.C.S.

1750 Van Ness Ave.  
San Francisco, 94109

**Tel:** 415-776-6538

## Benefits of Meditation ...

- reduce stress
- improve concentration
- increase self-awareness
- increase happiness and more...

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**Address:** American Buddhist Cultural Society

1750 Van Ness Ave., San Francisco, CA 94109

www.sanbaotemple.org | sanbaotemple.sf@gmail.com

**Tel:** 415-776-6538

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## Meditation Class Registration Form

Name: \_\_\_\_\_ Gender:  Male  Female

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

Preferred method of contact: \_\_\_\_\_

Educational background: \_\_\_\_\_

Work experience: \_\_\_\_\_

Reason for taking this class and what you expect to gain from it:

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Received by: \_\_\_\_\_ Date: \_\_\_\_\_  Cash: \_\_\_\_\_  Check: \_\_\_\_\_ # \_\_\_\_\_