

Embodied Life Registration Winter 2012

Yes, I _____

Would like to embark upon the journey of Embodied Life studies with Mary Susan Chen. I understand that the sessions will consist of Sitting meditation in a position that is comfortable for each individual, and gentle mindful movement lessons, some done lying on the floor.

We will meet the first and third Tuesday from 1-3PM, for 8 sessions between Feb. 7th and May 15th 2012: Sessions will be held at 1211 William St. River Forest. I am enclosing a check for \$250 _____

or

____ I wish to register for individual sessions at \$30 each. Please indicate which dates you wish to register: _____

Please note: space is limited.

Checks payable to Mary Susan Chen

mail to 1211 William St. River Forest IL 60305

Sign _____

Address _____

Preferred Phone # _____

Alternate phone # _____

Email _____

if you have further questions, please email: marysusanchen@gmail.com