

2010 ZEN TRIGGERPOINT ANATOMY® TRAINING REGISTRATION INFORMATION

Dates:	Friday	March 5	6:30 pm – 9:00 pm
	Saturday, Sunday	March 6, 7	7:30 am – 4:00 pm
	Saturday, Sunday	March 13, 14	7:30 am – 4:00 pm
	Friday	May 7	6:30 pm – 9:00 pm
	Saturday, Sunday	May 8, 9	7:30 am – 4:00 pm
	Saturday, Sunday	May 15, 16	7:30 am – 4:00 pm

(1-hour lunch break on your own – Saturdays and Sundays)

Place: Rudramandir – A Center for Spirituality and Healing
830 Bancroft Avenue
Berkeley, CA 94710

Cost: US \$1500.00 for new students, US \$800.00 for reviewers. Payable in advance or at \$375 per weekend for new students, \$200 per weekend for reviewers. Note: Reviewers are those students who have previously completed a Zen Triggerpoint Anatomy® training.

Registration is 30 minutes before the start of each weekend. Please make checks payable to IZII. Please send one weekend's fee as a deposit with your registration form to the address below to secure your place. The deposit will be credited towards the final weekend's fee. Space is limited, so please register early. You must attend and successfully complete all 4 weekends in order to be certified.

Please bring a meditation cushion, pillow, sheet, towel, swimsuit (two-piece or sports bra for women), Vaseline intensive care lotion, witch hazel, Kleenex and drinking water. Also, please make sure fingernails are cut short and filed prior to class.

Recommended reading: *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi*, by William S. Leigh.

Please send registration form with your deposit payment to:

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