## Health and Wellness

HEALTH ENHANCEMENT PROGRAMS FOR THE GENERAL PUBLIC • FALL 2006 AT UVIC

## Zen Meditation for Better Living

Delve into the health and well-being benefits understood to follow from meditation. Zen meditation goes beyond critical or chronic life circumstances to include healthy relationships and spiritual well-being. Zen strives for a mindfulness that is inclusive of the ordinary and the acute. This style of meditation teaches recognition of the potential of each moment, and a means to recognize those which are particularly beneficial. Participants in this workshop will come away with a deeper appreciation of how meditation can fit into and add value to their lives.

Please note that this course is offered at Queenswood House, located at 2494 Arbutus Road.

Instructor: Wayne Codling, BA (Buddhist studies), is a lineage holder in the Soto Zen, and has been a Zen monk for more than 30 years. He teaches a variety of meditation programs, and works with developmentally disabled adults. Course Code: HPHE180 2006F C01

Date: Tuesdays, October 3 to 24: 7 to 9 pm, 4 sessions

Fee: \$67.84 (includes \$3.84 GST)

**REGISTRATION NOTE:** Registrants who wish to withdraw from courses in this section must do so at least 48 hours prior to the commencement of the course to receive a refund, less an administration fee of \$25.

**EDUCATION NOTE:** These courses are designed to help you gain awareness about various approaches to wellness and do not imply advocacy.

> University of Victoria

> > Signature (mandatory for credit card)

Continuing

## REGISTRATION FORM

Mail to: Division of Continuing Studies, University of Victoria, PO Box 3030 STN CSC, Victoria, BC V8W 3N6 Telephone Registration (credit card only): 250-472-4747 • Fax Registration (credit card only): 250-721-8774 **E-Mail Registration** (credit card only; include all information requested on this form): register@uvcs.uvic.ca Online Registration (credit card only): see www.continuingstudies.uvic.ca/register/ All registrations must be accompanied by full fees, payable to the **University of Victoria.** No postdated cheques.

Ms/Mrs/Mr. **Student Record** Surname First Name Middle Name Preferred First Name ☐ UVic Student No.: ☐ I have previously taken a UVic course: ☐ credit ☐ non-credit Mailing Address \_ Street Address ☐ Check here if you are receiving more than one copy of our Continuing Studies calendar Province Postal Code ☐ I do not wish to receive further mailings Preferred Phone Message Phone Fax Number: 

Home Business **Special Needs** Provide details here: F-mail Address **Course Selection:** Course Title\_ Credit Card □ Visa □ MasterCard Account No

Cancellations, Rescheduling, and Withdrawals: The Division of Continuing Studies reserves the right to cancel/reschedule courses or other offerings without notice, and to establish special regulations for admission to non-degree programs or courses. If a course or offering is cancelled/rescheduled, the liability of the Division of Continuing Studies is limited to a refund of the course fee, or, if desired, transfer to another offering. If you withdraw from a course, a \$25 administrative fee will be charged for processing, Freedom of Information: The University of Victoria collects personal information on its form pursuant to the University Act. RSBC 1996, c.468 and section 26 of the Freedom of Information and Protection of Privacy Act. The information you provide is used for the purposes of admission, registration, and other decisions relating to your Continuing Studies program. For details on how the information is used, contact Continuing Studies or read UVic Policy 4400, Access to Student Records at: http://registrar.uvic.ca/home/documents/access.html. The relevant law for all matters concerning this program shall be the law of the Province of British Columbia, Canada.

Expiry Date