

MAIL-IN ENROLLMENT FORM

Two Wings of Practice Retreat

Saturday January 23rd, 2021

First name _____

Last name _____

Email _____

Phone _____

Address line 1

Address line 2

City _____ State _____ ZIP _____

Meditation experience (None) (One year or less) (Two year or less)
(Five years or less) (Longer than 5 years)

Please send your completed form with a check made out to “Insight Meditation Houston” for \$30 to the address below. If you wish to include teacher dana, please add that amount to your check for \$30.

Insight Meditation Houston
c/o Marilyn Jones
1820 Bolsover
Houston, TX 77005