

## REGISTRATION FORM

Shinzen Young Silent Meditation Retreat March 25 thru April 4, 2012

Seven Day (3/25 – 4/1) or Ten Day (3/25 – 4/4) Options

We expect the retreat to fill up quickly, so please register early to reserve a spot!

If possible please email this form to [registrar@sierraretreats.org](mailto:registrar@sierraretreats.org)

or mail it to the address below

Name: \_\_\_\_\_

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

City/State/Zip: \_\_\_\_\_

Day phone: \_\_\_\_\_

Evening phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Accommodations are new suites with 2 areas, each with 2 or 3 beds.

For info and photos go to [HighlandsCamp.org](http://HighlandsCamp.org).

Female  Male

Requested roommate(s): \_\_\_\_\_

\_\_\_\_\_

We will attempt to accommodate snorers and non-snorers. Please let us know your snoring style ( :

None \_\_\_\_\_, Soft/Occasional \_\_\_\_\_, Moderate \_\_\_\_\_, Loud \_\_\_\_\_

### Retreat Experience

Is this your first retreat? \_\_\_\_\_

Is this your first retreat with this teacher? \_\_\_\_\_

### Retreat Costs:

\$750 for 10 Days (3/25 – 4/4) \$ \_\_\_\_\_

\$595 for 7 Days (3/25 – 4/1) \$ \_\_\_\_\_

Add \$75 after March 1st \$ \_\_\_\_\_

(Please contact the registrar for scholarship information if covering the cost is difficult for you.)

Optional donation to Sierra Retreats \$ \_\_\_\_\_

(Primarily used for Scholarships)

**TOTAL** \$ \_\_\_\_\_

Please mark method of payment:

Enclose a check payable to Sierra Retreats or

Pay Online at [SierraRetreats.org](http://SierraRetreats.org)

Click on the Donation button

Use either PayPal or a credit card.

**Please Note** ~ The payment for registration covers only our logistical costs. Shinzen offers his teachings for free. At the end of the retreat, retreatants will have the opportunity to return his generosity by giving Dana (donations) to him.

**Reserving Your Place** ~ Both your completed registration form and payment must be received in order to reserve your place. If you pay online, your completed registration form must be received within 7 days.

### NOTE - Cancellations Fees:

• After February 15<sup>th</sup> \$75

• After March 10<sup>th</sup> 25% of Registration

### Meals

All meals are included, starting with dinner on the first evening and ending with a farewell lunch on the last day. Please indicate your preference:

Vegetarian \_\_\_\_\_ Omnivore (white meat) \_\_\_\_\_

Please list any food allergies or other dietary needs:

\* Also please communicate this when you check in \*

\_\_\_\_\_  
\_\_\_\_\_

### Service Dana

Please indicate if you would like to help with the following. We will be in touch with you to coordinate these prior to the retreat.

Retreat setup at 4 pm on Sunday 3/25

Cleanup after lunch on Friday 4/4

Flowers

### Please Note

**Meditating for extended periods can be physically and psychologically challenging. If you have any medical or mental health issues that might present problems during the retreat, and especially if your medical history includes psychiatric hospitalization or antipsychotic medications, please call Lois VanderKooi, PsyD at 303-439-0407 to confidentially discuss the possible challenges and benefits this retreat may offer to you.**

You are also welcome to call with any other questions or concerns that you may have. All communications will be held in confidence except to discuss specific needs with the teacher when appropriate.

\* **Everyone please check this box** \*

My medical history **does not** include psychiatric hospitalization or antipsychotic medications **or** I have confidentially discussed any such concerns with Dr. Lois VanderKooi at 303-439-0407.

This retreat will be held in **Noble Silence**. Maintaining silence helps develop an inner calm which in turn aids in our meditation practice. Please contact the registrar if you have any questions about noble silence.

**Questions? Contact Jodie at 303-443-2629**

**or email: [registrar@sierraretreats.org](mailto:registrar@sierraretreats.org)**

**How did you hear about this retreat?**

\_\_\_\_\_

**Please fill out the form, save it and email to:**

**[registrar@sierraretreats.org](mailto:registrar@sierraretreats.org)**

**If you can't email your registration, mail it to:**

**Sierra Retreats**

**c/o Jodie Simon**

**635 Dakota Blvd.**

**Boulder, CO 80304**

**[www.SierraRetreats.org](http://www.SierraRetreats.org)**