

A Monastic Retreat: The Middle Way – Finding Our Natural Resting Place (274R17)
June 12 – 18, 2017 (6 Nights)

Dear Spirit Rock Friend,

We are happy that you are applying for this unique monastic retreat at Spirit Rock.

Spirit Rock offers this retreat on a dana basis. The word "dana" means generosity, and simply translates into a heartfelt donation. This retreat has no registration fee. At the end of the retreat, participants will be invited to offer dana donations in three categories: first to support the retreat teachers, second to support the retreat cooks and retreat managers, and third to cover Spirit Rock's operating expenses so that we can continue to offer a yearly monastic retreat on a dana basis. (A retreat of this length would normally have a minimum price of \$660.)

Although there is no registration fee, a \$150 deposit is required to hold a space in the retreat. We have determined that the deposit is necessary to ensure the registrant's commitment to attending the retreat, and to reduce last minute cancellations. Registrants who cancel within four weeks of the retreat start date will not receive a refund of their deposit.

We hope that a dana approach will make our monastic retreats accessible to more people, and that a cycle of generosity and gratitude will contribute to the sustainability of this offering.

The retreat is offered in keeping with the 2,600-year-old Buddhist monastic tradition. The form of the retreat is like an experience of 'three days in the monastic life,' thereby giving it some qualities not usually found on other retreats: daily periods of devotional chanting, an adherence to the Eight Precepts (which includes not taking solid food between midday and the following dawn), as well as group sitting and walking meditation, individual practice, practice meetings with teachers, and Dharma talks.

Before you apply for this retreat please consider the information below

There are no late arrivals, early departures, or exits during the retreat; no exceptions. This is at the request of the nuns.

This is an Eight Precept Retreat

The Eight Precepts:

1. Not intentionally killing or harming any living creatures.
2. Not stealing, or concerning oneself with the possessions of others.
3. Not engaging in sexual activity of any kind.
4. Not lying or using speech harmfully. (On retreat this precept is usually observed as Noble Silence - keeping the silence unless there is a practical necessity to speak)
5. Not taking intoxicating drink or drugs.
6. Not eating after midday.
7. Not seeking amusements or wearing special bodily adornment. (On retreat one dresses and acts in a modest and restrained manner.)
8. Not using sleep indulgently.

NOTE: you have the option to not take Precept 6 and to have a light supper.

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COMMUNITY SPIRIT

During retreat we come together as community to support each other in our practice and daily activities. In this spirit we live by the Eight Precepts, keep Noble Silence, and participate in the daily routine mindfully and with awareness.

CLOTHING

All clothing should be modest i.e., shorts, tank tops, or low cut garments, or other revealing items would not be appropriate. Loose comfortable clothing is recommended.

NOURISHMENT

We will eat a simple breakfast and one vegetarian meal before noon each day. We will not be providing for food preferences or allowance for eating after the noon meal. In the spirit of establishing this retreat as an environment of monastic-style training, we ask that you gratefully accept what is offered, and simply do not take any foods that you cannot eat or to eat anything not offered to you after the noon meal (unless you are not taking Precept 6). This is the way of practice employed by any visitor to a monastery; it should be recognized as being very much a part of the teaching/learning process, rather than an inconvenience to be skirted around if possible. **Please do not bring your own food supplies.**

Retreat Renunciation and Simplicity

The Spirit Rock community is happy to welcome you to our retreat center. Retreats offer a sacred space, protected and removed from the world, intended to allow participants to quiet the mind and open the heart. Some of the most beneficial and rewarding experiences of spiritual life come from attending a silent meditation retreat. The safety and container of a retreat help participants learn to embody patience, steadiness, loving kindness, generosity, and wisdom. Out of this grows the insight, compassion, and freedom that are natural to the heart.

Spirit Rock's beautiful retreat center is designed to provide comfortable and suitable conditions. It is also a monastery – so when attending a retreat we ask that you arrive with a spirit of renunciation and simplicity. To foster this spirit of simplicity and letting go, we ask retreatants to undertake the following traditional practices, which are called by our Elders: ***“Taking what is Offered”***

1. Taking Any Residence – Traditionally in the monastery, one takes whatever hut is offered. Spirit Rock has accommodations of both single and double rooms, and we ask participants to take the accommodation assigned and practice with whatever situation they find themselves in.

2. Taking the Food that is Offered – The cooks lovingly prepare tasty and nutritious vegetarian food. If you cannot eat dairy, eggs, or wheat, an alternative is provided. Except for serious medical needs, the retreat practice is to take the food that is offered. *This is an eight precept retreat and we again ask that you not bring your own food supply.*

3. Noble Silence – In fostering an atmosphere of contemplation, retreatants commit to the general practice of Noble Silence. This is especially important in your commitment to ‘no-note-writing’ or other communication between retreatants, no mail, no cell phones, and no calls except for emergencies. There will be talking during Dharma talks, practice meetings, question periods, and with retreat staff and teachers. If there are concerns that arise at any time, you may talk to the retreat manager or a teacher.

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4. Serving the Community – In order to learn the art of mindfulness and for the retreat to properly function as a collaborative, all retreatants are given a daily period of simple work meditation. You will sign up for a work meditation when you check in. Your service in the kitchen or in ringing bells, cleaning, and housekeeping is an important part of the training in mindfulness and generosity.

By coming to a retreat, you join us in undertaking these practices of renunciation and simplicity. Spirit Rock retreats are run primarily by retreat staff including retreat managers and cooks, and teachers who hope to serve you as best they can. We deeply value the benefits of meditation and retreat, and we are happy to share them with you.

We thank you for your participation and your sincerity.

Many blessings,
The Spirit Rock Teachers and Staff

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Retreat Application

Teachers: Ayya Santacitta, Ayya Santussika, and Marci Moberg (yoga)

Name:		
Address:		
City :	State:	Zip:
Email:*	Birth Date: (YR required)	
*We will send your confirmation letter to this email address, please make sure it is legible.		
Phone (W):	Phone (H):	
Emergency Contact:	Phone:	Relationship:
How did you hear about this event?:		
<input type="checkbox"/> From a friend <input type="checkbox"/> Spirit Rock Website <input type="checkbox"/> Postcard from Spirit Rock <input type="checkbox"/> Spirit Rock Email <input type="checkbox"/> Facebook <input type="checkbox"/> Twitter <input type="checkbox"/> Other		
May we share your email with the presenter(s)?:		
<input type="checkbox"/> Yes <input type="checkbox"/> No		

Prerequisite: Previously attended at least one 5-day residential retreat in Vipassana:

	Location	Teachers' Names	Dates
1			

I agree to adhere to the 8 Precepts or 7 Precepts if not taking the 6th Precept for the entire length of the retreat.

- **PARTICIPANT'S AGREEMENT:** By applying to this retreat, you agree to maintain the SILENCE required by the retreat container, to attend the entire retreat-NO LATE ARRIVALS OR EARLY DEPARTURES; follow instructions given by teachers and staff to the best of your ability; you agree to attend instruction sits, Dharma talks and meetings with the teachers. You will arrive on the day the retreat opens, between 3:00-5:30pm on opening day. And, leave no sooner than 11:30am on closing day.

X	Accommodations Information
	This is my first residential retreat at Spirit Rock Meditation Center
	Female
	Male
	Prefer no mixed gender floor
	Trans/Other Gender Identity---How do you self-identify your gender? _____
	Transgender; preferred gender floor: __female floor __male floor __mixed gender floor
	Request a chemically sensitive building
	Snore
	CPAP user
	Need room on 1 st floor
	Request specific roommate – Roommate name: _____ (couples cannot share a room; roommates must request each other)
	Need a scooter due to mobility limitations
	List medical needs or mobility limitations:

Please choose ONE of three options to apply:

(1) Mail to Registrar, SRMC, PO Box 169, Woodacre, CA 94973;

(2) Fax to (415) 488-1026; or

(3) Scan and email to retreats@spiritrock.org.

If you do not receive a confirmation within one week, please contact us.

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Retreat Payment

A \$150 deposit is required to register for this retreat.
No refund if you cancel after 5:00pm on May 15, 2017.

No scholarships or payment plans are available for this retreat.

DEPOSIT:

- Please charge my Visa/MasterCard \$150 with the information provided below.
- Please deposit the enclosed check. Check Number _____

Please Choose One:

- I would like Spirit Rock to use my deposit to help pay for the costs of this retreat.
- Please refund my deposit after the completion of the retreat.

Scholarship Donation: I would also like to make a tax-deductible donation to the scholarship fund in the amount of \$_____. (This donation will be charged to your credit card as a separate charge from your deposit. It is NOT included as a retreat fee.)

Visa/MasterCard Authorization Form

I authorize Spirit Rock Meditation Center to charge my credit card as indicated above:

_____ Cardholder's name as it appears on credit card	_____ Name of Retreatant (if different from credit card holder)
<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard	<i>Note: We only accept Visa or MasterCard</i>
_____-_____-_____-_____ Credit Card Number	_____/_____ Expiration date (month/year)
_____ Authorized Signature	_____ Date

Billing Phone Number

E-mail address

If your card is declined you will not be registered