

# Mindfulness as a Path of Awakening (217R18), November 26 – December 2, 2018 (6 nights)

## 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.

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 with teachers, question periods, and possibly retreat staff, when necessary. If there are concerns that arise at any time, you may talk to the retreat manager or a teacher.

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 Dharma 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*

**Mindfulness as a Path of Awakening (217R18), November 26 – December 2, 2018 (6 nights)  
Retreat Application**

**Teachers: Mark Coleman, Dawn Mauricio (teacher-in-training)**

Name:		
Address:		
City :	State:	Zip:
Email:*	Birth Date: (YR required)	
<i>*We will send your confirmation letter to this email address, please make sure it is legible.</i>		
Phone(H):	Phone(W):	Phone(C):
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		

- **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 practice 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.

<b>X</b>	<b>Accommodations Information-READ CAREFULLY</b>
<input type="checkbox"/>	This is my first residential retreat EVER
<input type="checkbox"/>	This is my first residential retreat at Spirit Rock Meditation Center
<input type="checkbox"/>	Female
<input type="checkbox"/>	Male
<input type="checkbox"/>	Prefer no mixed gender floor
<input type="checkbox"/>	Trans*/Other Gender Identity---How do you self-identify your gender? _____
<input type="checkbox"/>	For trans*/other gender identity----preferred floor is: ___female floor ___male floor ___all-gender floor
<input type="checkbox"/>	Request a chemically sensitive building
<input type="checkbox"/>	I am a snorer
<input type="checkbox"/>	I use a CPAP machine
<input type="checkbox"/>	I need a room on 1 <sup>st</sup> floor
<input type="checkbox"/>	Request specific roommate – Roommate name: _____ <i>(couples do not share a room; roommates must request each other)</i>
<input type="checkbox"/>	I need a scooter due to mobility limitations
Describe your medical or mobility limitations:	

Please choose ONE of the options to apply:

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

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

**(3) Scan and email to [retreats@spiritrock.org](mailto:retreats@spiritrock.org).**

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

*Office use only:* Standard Retreat Fees: \$1505 - \$685

## Mindfulness as a Path of Awakening (217R18), November 26 – December 2, 2018 (6 nights) Retreat Payment

Please pay at the highest level that you can afford. Any amount offered above the base level of the sliding scale is considered a donation and is tax-deductible. In addition, you will also have the opportunity to offer dana (a donation) to teachers and retreat staff.

\$1685 Supporter Rate* w/Guaranteed Single Room (12 spaces per retreat)	\$1505 - \$685 Sliding Scale  (Standard Retreat Fee)	\$685 - \$210 Scholarship Sliding Scale  (Limited spaces per retreat)	\$210 Young Adult Rate (18 to 26 yrs.) (Limited spaces per retreat)
\$	\$	\$	\$
*Supporter Rate helps support scholarships and all that we do here. Each retreat has about 58 single rooms and 32 beds in double rooms; however, we only reserve 12 single rooms for the Supporter Rate.			

\$\_\_\_\_\_ **Scholarship Donation** – I would like to make a tax-deductible donation directly to the scholarship fund in addition to the amount listed above.

**CONTINUING EDUCATION CREDITS: (CECs will be charged as a separate item from the retreat fees)**

**YES, I would like to pay my additional fee for my CECs at this time (15 credits for \$150)**       **NO, I do not need CECs.**

**PAYMENT TYPE:**

- Visa/MasterCard (Please provide credit card information at the bottom of this page).
- Personal or Traveler's Check (Please attach check to this form - We accept checks drawn on US banks in US dollars or Traveler's checks in US dollars). Participant Name: \_\_\_\_\_ Check #: \_\_\_\_\_

**ADDITIONAL PAYMENT INFORMATION**

- I have selected the *Supporter Rate with Guaranteed Single Room***; however, if these slots are sold out at the time my application is processed, please apply this amount from the standard sliding scale: \$\_\_\_\_\_
- I am applying for a Payment Plan.** \$\_\_\_\_\_ Please apply the amount indicated (minimum of \$250) as deposit for the retreat. The payment plan itself can only be set up using a checking account with a US bank. We are sorry, but payment plans *cannot* be set up on credit cards.

Cancellation fees	On or before Sept 30	Oct 1 – Oct 28	Oct 29 – Nov 18	Nov 19 - 23	No Refunds as of 3:00pm Nov 23
Standard	\$100	\$175	\$225	\$300	
Scholarship/Young Adult	\$50	\$75	\$100	\$125	

To cancel: call (415) 488-0164 ext. 296 or email [retreats@spiritrock.org](mailto:retreats@spiritrock.org).

**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	3-digit Security Code: _____ Date

\_\_\_\_\_  
Billing Phone Number

\_\_\_\_\_  
E-mail address

## **Mindfulness as a Path of Awakening (217R18), November 26 – December 2, 2018 (6 nights)**

### **Financial Aid Guidelines**

Dana (the Pali word for generosity) has played an essential role in the 2,600 year-old Buddhist tradition. In the spirit of this tradition, Spirit Rock Meditation Center is committed to offering scholarship assistance to those who need it. Spirit Rock does not want cost to be an obstacle for participation in our residential retreats. *If you cannot attend a retreat due to cost, we strongly encourage you to apply for a scholarship.* Because Spirit Rock highly values diversity, we particularly encourage those who require financial assistance that are in the following groups to apply: people of color, young adults (18-26), elders (65+), and those with life threatening illnesses; however, anyone with financial need is encouraged to apply.

Each scholarship request is assessed in terms of financial need and funds availability. If the lowest scholarship rate is cost prohibitive for you, please contact the Registrar. You may also consider requesting a Payment Plan as a form of financial support (see below). **A maximum of two scholarships per calendar year may be awarded per person (any combination of scholarship type).**

A minimum deposit is required to hold a space in the retreat. If registering online, you must pay the minimum deposit and follow up your online registration with your scholarship application. Scholarship funds are limited by retreat so apply early to improve your chances of receiving a scholarship. If we are unable to offer you the funds that you need, your payment will be refunded.

#### **Forms of Financial Aid**

Spirit Rock Meditation Center offers a variety of types of financial support for residential retreats.

##### ***Mudita Scholarships***

The Mudita Scholarship provides a means for those who require financial assistance to attend a retreat.

##### ***Karuna Scholarships***

The Karuna Scholarship is specifically for those with serious medical conditions who require financial assistance to attend a retreat.

##### ***Dr. Marlene Jones People of Color (POC) Scholarships***

The POC Scholarship is specifically for People of Color who require financial assistance to attend a retreat.

##### ***Renunciate Monastics***

Monastics in the Buddhist traditions are invited to attend Spirit Rock retreats without cost. We ask that you register in advance to secure a space in the retreat. Monastic discounts can be extended only to one having taken vows and abiding as a renunciate, living exclusively on donations and having no form of income through work or other sources. You will be asked to provide the monastery you are affiliated with. Contact the Registrar for more information.

##### ***Young Adult Rate***

It is our wish to support the practice needs of meditators in early adulthood. To this end, Spirit Rock extends a special invitation to young adults, age 18-26, who wish to attend a residential retreat. The number of young adult spaces is limited per retreat and offered on a first-come, first-served basis, so apply early.

##### ***Spirit Rock Payment Plan***

If it would be financially helpful to pay for your retreat fees over a period of time, we do offer installment plans. However, a **minimum deposit is due for all applicants** and only the remaining balance can be paid over time. You can arrange to pay via automatic monthly deductions from your checking account (United States banks only); installments cannot be set up on credit cards. A maximum 6-month installment is available. The Payment Plan Form will be included as a link in the retreat confirmation email. Fill out the form, attach a voided blank check, bring it with you to opening day check in. A payment plan is also available for teacher and staff dana at the end of the retreat. If you choose to set up a payment plan for teacher and staff dana, please bring a second voided check.

Note: If you choose to pay over time, you must have paid off your payment plans for all previous retreats before you can attend another retreat at Spirit Rock Meditation Center. Multi-year program (DPP, CDL) payment plans are an exception.

**Mindfulness as a Path of Awakening (217R18), November 26 – December 2, 2018 (6 nights)  
Scholarship Application**

Name:		
Email:		
Phone(H):	Phone(W):	Phone(C):
Occupation/Annual Family Income/Number of Members in Family:		

**SCHOLARSHIP TYPE REQUESTING: (see descriptions above)**

\_\_\_\_\_ **Mudita Scholarship**      \_\_\_\_\_ **Karuna Scholarship**      \_\_\_\_\_ **Dr. Marlene Jones People of Color Scholarship**

<p><b>\$685 - \$210</b> Scholarship Sliding Scale (Choose an amount along this sliding scale)</p>
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Line Item	Dollar Amounts	Instructions	Notes
<b>A</b>	<b>\$685</b>	Base Retreat Fee	
<b>B</b>	\$	Enter Sliding Scale amount you chose above	<b>\$210</b> minimum allowable
<b>C</b>	\$	Enter Scholarship Request	<b>A minus B = C</b> (Scholarship amt. requesting)
<b>D</b>	\$	Enter Deposit to be paid with application	<b>\$210</b> minimum deposit
<b>E</b>	\$	Enter Balance Due after deposit (if any)	<b>B minus D = E</b> (Balance Due, if any)

Briefly describe your need for scholarship support: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

<b>X</b>	<b>Indicate as appropriate</b>
	I have received a scholarship or a Young Adult rate for one or more retreats in the current calendar year.
	I owe money to Spirit Rock for another retreat (please indicate): _____
	I have read the guidelines above and understand the cancellation fees associated with this registration.

Signature and Date: \_\_\_\_\_

Return this completed form to the Registration Department by ONE of the following. Scholarships are not guaranteed. If you do not receive a confirmation within one week, please contact us. **(1) Mail to Registrar, SRMC, PO Box 169, Woodacre, CA 94973;**  
**(2) Scan and email to [retreats@spiritrock.org](mailto:retreats@spiritrock.org).**

Office use only: Allocated	Date	Approved by