

Residential Wait List OR Commuter Application
Awakening Through the Body: Meditation Yoga, and QiGong (234R19)
January 27--February 1, 2019 (5 Nights)

This retreat is full; however, you may apply as a commuter only if you meet the prerequisite (see below). You need to CHOOSE if you would like to be on the residential waiting list OR register as a commuter. Instructions for both are given in detail below.

Please read and follow these instructions carefully before sending in your application.

● **TO BE ADDED TO THE WAITING LIST FOR THIS RETREAT**, please fill out the attached application and send it to the address indicated on the form along with your deposit. **We need a separate check or credit card payment for EACH person that applies.** Once we receive your application and deposit, you will be added to the waiting list, and you will be notified via email as to where you are on the waiting list (so please make sure to print your email address clearly on your application). If you do not have an email address, we will notify you via phone. We cannot hold a place on the waiting list for you without your application and deposit. Please make sure to indicate on your form the last day you are willing to stay on the waiting list. You will be taken off the waiting list on that date unless we hear otherwise. **We will not deposit your check or charge your credit card until you get a spot in the retreat.** If you do not get a space in the retreat, your check or credit card form will be destroyed after the retreat begins.

HOW THE WAITING LIST WORKS: Once a spot becomes available in the retreat, you will be contacted by phone. At that time, **we will give you a deadline by which we need you to respond, or we will move on to the next person on the waiting list. We will need a quick response, especially in the week leading up to the retreat, so make sure to check your phone messages regularly.** The longer you are willing to wait, the more likely your chances are of securing a spot in the retreat. If you are willing to wait until the last minute, please let us know.

Unfortunately, due to the volume of calls we receive, we will not be able to respond to questions about what your chances are of getting into the retreat OR what number you are on the wait list. It all depends on how many cancellations we get. Sometimes waiting lists can move very quickly. And we have actually put number 89 in off a waiting list before, so the longer you're willing to wait, the better your chances. We often get last minute cancellations for retreats.

● **TO APPLY TO BE A COMMUTER:** Fill out the attached form and indicate that you would like to be a commuter. Make sure to include your deposit with your application. Commuter spots are limited, and they are filled on a first-come, first-served basis. If there are no commuter spots left when we receive your form, we will put you on the "commuter" waiting list. **If you sign up as a commuter, your name will not be added to the residential waiting list.** **IMPORTANT PRE-REQUISITE: You must have attended at least one 7-day or two 5-day silent residential retreats prior to attending this retreat, if you'd like to attend as a commuter. All commuters are expected to attend the full retreat.**

Commuters attend the full retreat, including all meals, but are NOT provided with overnight accommodations. The cost for a commuter space can be found on the application below. Commuters can rest in the lower walking hall during the day. A list of accommodations is available on our website at www.spiritrock.org (to find it on the website, click on "Retreats". "Off-site accommodations" will then be listed in the menu on the right hand side of the screen), or you may want to try camping at Samuel P. Taylor public campground, which is about 6 miles from Spirit Rock. The number to call is 1-800-444-7275. Camping and sleeping in a vehicle in the parking lot at Spirit Rock are not allowed (county restrictions!).

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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 (speak to the cooks), 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 (check with a teacher or manager). There will be talking during Dharma talks, interviews, question periods, and with staff and teachers. If there are concerns that arise at any time, you may talk to the 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 register. 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

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Teachers: Debra Chamberlin-Taylor, Anne Cushman, Teja Bell, Dawn Mauricio (assistant)

Date I can wait until: _____

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(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			
COMMUTERS ONLY			
Prerequisite: Must have attended at least one 7-day or two 5-day silent Vipassana retreats prior to attending this retreat.			
Location	Teachers	Dates	# Days
1			
2			

- By applying to this retreat, you are agreeing to attend the entire retreat; following instructions given by teachers and staff, maintaining the silence of the retreat container; attending instruction sats and Dharma talks and interviews; and 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-READ CAREFULLY
	This is my first residential retreat EVER
	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? _____
	For trans*/other gender identity---preferred floor is: ___female floor ___male floor ___all-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
	Describe your medical or mobility limitations:

Please choose ONE of the options to apply: (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) Fax to (415) 488-1026; or

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

Office use only: Standard Retreat Fees: \$1300 - \$600 Sliding Scale

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Retreat Payment

Please pay at the highest level that you can. 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.

Please choose ONE of the options and enter the amount in the box below your choice.

\$950 - \$475 Commuter Sliding Scale	\$1700 Supporter Rate w/Guaranteed Single Room	\$1300 - \$600 Residential Sliding Scale (Standard Retreat Fee)	\$600 - \$200 Scholarship Sliding Scale (Limited spaces per retreat)	\$200 Young Adult Rate (18 to 26 yrs.) (Limited spaces)
\$	\$	\$	No longer available for this retreat	No longer available for this retreat

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

PAYMENT TYPE:

Visa/MasterCard (Please provide credit card information at the bottom of this page).

Personal/Traveler's Check (Please attach check to this form - We accept checks drawn on US banks in US dollars and US dollar travelers checks). Make checks payable to: SRMC.

ADDITIONAL PAYMENT INFORMATION

I have selected the **Supporter Rate with Guaranteed Single Room**; however, if these slots are sold out at the time my registration is processed, please apply this amount from the standard sliding scale. \$ _____

I am applying for a **Payment Plan**. Please apply the amount indicated below (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 December 2	December 3-30	Decemb 31 to January 20	January 21-25	No Refunds as of 3:00pm PT January 25
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.

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) 3-digit Security Code:
_____	_____
Authorized Signature	Date

Billing Phone Number

E-mail address

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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.