

Residential Wait List Application

Winter Insight Meditation Retreat (230R19), January 16 – 21, 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.

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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: Howard Cohn, Lila Kate Wheeler, Ashley Sharp (yoga), Solwazi Johnson (assistant), Kate Johnson (assistant)

Date I can wait until: _____

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		

- 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 sittings 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
<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"/>	Snore
<input type="checkbox"/>	CPAP user
<input type="checkbox"/>	Need room on 1 st floor
<input type="checkbox"/>	Request specific roommate – Roommate name: _____ <i>(couples cannot share a room; roommates must request each other)</i>
<input type="checkbox"/>	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

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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.

\$1700 Supporter Rate* w/Guaranteed Single Room (12 spaces per retreat)	\$1300 - \$600 Sliding Scale (Standard Retreat Fee)	\$600 - \$200 Scholarship Sliding Scale (Limited spaces per retreat)	\$200 Young Adult Rate (18 to 26 yrs.) (Limited spaces per retreat)
	\$	No longer available for this retreat	No longer available for this 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.

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 Nov 21	Nov 22 – Dec 19	Dec 20 – Jan 9	Jan 10 - 15	
Standard	\$100	\$175	\$225	\$300	No Refunds as of 3:00pm January 15
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)
Authorized Signature	3-digit Security Code: _____ Date

Billing Phone Number

E-mail address