

## **Waiting List/Commuter Registration for the July 15-24 Vipassana Retreat**

This retreat is full; however we do have a waiting list. You can choose to either be added to the waiting list, or you can register as a commuter. Instructions for both are given in detail below.

**Please read and follow these instructions carefully before sending in your registration forms.**

● **TO BE ADDED TO THE WAITING LIST FOR THIS RETREAT**, please fill out the attached registration forms and send them 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 registration forms 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 registration form). If you do not have an email address, we will notify you via mail. **We cannot hold a place on the waiting list for you without your registration forms and deposit. Please make sure to indicate on your form until what date 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.**

**If you need to apply for a scholarship**, go ahead and send in your registration forms and deposit (we need these before you can apply for scholarship). Indicate on your registration forms that you would like a scholarship form, and we will send you one. Once you receive the form, please apply for the scholarship right away, even if you're still on the waiting list. There are deadlines for scholarship applications which are listed in the guidelines. If you get into the retreat, we will apply the scholarship money allocated to you. A list of financial aid options is also attached.

**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 onto 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 of getting in. If you are willing to wait until the last minute, please let us know.

**Unfortunately, we will not be able to respond to questions about what your chances are of getting into the retreat.** It really 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 REGISTER AS A COMMUTER:** Fill out the attached forms and indicate that you would like a commuter spot. Make sure to include your deposit with your registration forms. 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 forms, we will notify you. **If you sign up as a commuter, your name will not be added to the waiting list. IMPORTANT PRE-REQUISITE: You must have attended a 7-day residential retreat before if you'd like to attend as a commuter.**

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 registration form. Commuters can rest in the lower walking hall during the day. A list of accommodations is available on our website at [www.spiritrock.org](http://www.spiritrock.org), 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!).

# SPIRIT ROCK RESIDENTIAL RETREAT REGISTRATION FORM

## For Wait List or Commuters

Please send this form to: Registrar, SRMC, PO Box 909, Woodacre, CA 94973, Include your deposit of \$150 (or total fee) payable to SRMC.  
Telephone: 415.488.0164 ext. 361, Email: Retreats@spiritrock.org.

**If you register for more than one retreat at a time, please send in a separate payment and reg forms for each retreat.**

**Important:** Your space is **not** confirmed until you return this form and are confirmed by phone or mail by the registrar.

### Vipassana Retreat, July 15-24, 2005 (9 nights) (240R05)

**TEACHERS:** Joseph Goldstein, Sharon Salzberg, Steve Armstrong, Kamala Masters

**COURSE COST: \$810 - \$540 Residential -or- \$675 - \$405 Commuter** sliding scale plus donation to teachers & staff at end of retreat. Please pay at the highest level of the sliding scale that you can afford. This allows others who need to pay less the opportunity to attend. Anything you give above the bottom of the sliding scale is a tax-deductible donation. **Please pay the remaining balance by July 15th.**

**CANCELLATION FEES:** \$25 before June 9th, \$75 after June 9th, \$150 after June 23rd

### Please Print Clearly and answer all questions.

I would like to register as a: (please choose only one)

- Resident (I realize that I will be contacted if a residential space opens in this retreat)
- Commuter (I realize that if I register as a commuter, I will be taken off the waiting list.)
  - I have attended at least one 7-day silent Vipassana retreat.

### **IMPORTANT COMMUTER PRE-REQUISITE:**

**You must have attended a 7-day residential Vipassana retreat before in order to register as a commuter.**

Until what date can you remain on the waiting list? \_\_\_\_\_ Please notify us ASAP if this changes, as you will be

Is this your first vipassana residential retreat? *Yes / No*

taken off the list after that date.

Are you also planning on attending the July 8-15 Metta Retreat? *Yes / No*

**IMPORTANT: All previous deferred payment plans must be paid off or you must make special arrangements with Spirit Rock regarding any outstanding balances before you can attend this retreat.** Do you owe money for any previous Spirit Rock sponsored retreats? \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Email \_\_\_\_\_

Phone (Work) \_\_\_\_\_ Phone (Home) \_\_\_\_\_ Birth Date: \_\_\_\_\_

### **EMERGENCY CONTACT:**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

### **ACCOMMODATIONS** (please **circle** choice where appropriate):

- Are you? *Male / Female*
- Do You Snore? *Yes / No*
- Does anything preclude you from being on a mixed gender floor? *Yes / No*
- Roommate preference: (*Name*): \_\_\_\_\_ (*couples do not share a room*)
- Medical dietary restrictions: *no dairy / no wheat / no eggs / other* \_\_\_\_\_
- Do you have any medical needs or mobility limitations? Please give any other information that will assist manager in room assignment: \_\_\_\_\_

### **CARPOOLING:**

Would you be willing to offer a ride to someone from your area? *Yes / No*

Would you be willing to pick someone up at the San Rafael bus stop? *Yes / No*

**SCHOLARSHIP APPLICATIONS: (Important Note: only apply for one scholarship option. However, scholarships can be combined with deferred payment.)** I need financial aid. Please send me information on:

- Deferred payment (include \$90 or full deposit amount w/registration)
  - Mudita Scholarship (include \$90 deposit w/registration)
  - Karuna Scholarship (no deposit required. This scholarship is only for those with life-threatening illnesses.)
- For the People of Color Scholarship fund call 415-488-0164 ext 237. (Please call to find out about the required deposit)

### **SCHOLARSHIP CONTRIBUTION (please enclose a separate check for scholarship donations):**

- \$540 to support a student needing a full scholarship
- \$\_\_\_\_\_ other amount



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*Dear Yogis,*

*Spirit Rock Meditation Center is founded on the principles and teachings of the Dharma for the liberation of all beings. It is our goal to offer those teachings as freely as possible and with the greatest possible access to them. However, Spirit Rock exists in the world of modern America, which can include the possibility of claims and litigation against Spirit Rock for what can occur during events on the land. Such claims and litigation when made needlessly or frivolously would be a costly and time-consuming process that could eventually threaten the continued viability of Spirit Rock and our ability to offer access to the Dharma to this community.*

*Thus, we ask that you read and sign this waiver of liability. By signing it, you will be indicating that you understand that you play a role in protecting the Spirit Rock community's Meditation Center from litigation.*

*With metta,*

*The Spirit Rock Teachers and Board*

#### **VOLUNTARY PARTICIPATION**

1. I acknowledge that I have voluntarily applied to participate in the Vipassana retreat to be held at Spirit Rock Meditation Center from July 15 to 24, 2005, referred to below as "this event", at the premises of Spirit Rock Meditation Center, located at 5000 Sir Francis Drake Boulevard, Woodacre, California.

#### **ASSUMPTION OF RISK**

2. I am aware that participating in this event may involve strenuous physical activities such as work meditation, yoga, or movement classes, as well as risks associated with hiking in the rural setting, including contact with poison oak and wildlife. I am also aware that this is a silent, intensive meditation retreat and that participants in such retreats may experience intense and unusual psychological, spiritual, and/or physical states of mind and body arising from the meditation and associated retreat activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risks of harm that may result from these activities.

#### **RELEASE**

3. As consideration for being permitted by Spirit Rock Meditation Center or one of its affiliates to participate in these activities and use their facilities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue or attach the property of Spirit Rock, its affiliates, employees, agents or volunteers or any of its affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor of Spirit Rock, or any of its affiliated organizations, as a result of my participation in this event, except when an employee, agent, or contractor of Spirit Rock or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed. I hereby release Spirit Rock and any of its affiliated organizations from all actions, claims or demands that I, my assigns, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury or damage resulting from my participation in this event, except when an employee, agent, or contractor of Spirit Rock or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed.

#### **KNOWING AND VOLUNTARY EXECUTION**

4. I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Spirit Rock Meditation Center and/or its affiliated organizations, and sign it of my own free will.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Printed Name \_\_\_\_\_

# SRMC Visa®/MasterCard® Authorization Form for Residential Retreats

**\*\*You only need to fill out this form if you would like to charge the retreat registration fee to a credit card\*\***

Please fill out this form and return it along with your registration forms (unless you've already sent them in).

**You must charge a minimum of the deposit amount for the retreat in order to reserve a space in the retreat.**

Ten days before the start of the retreat, we will charge the balance due to your credit card

(Please indicate the amount you'd like to pay below).

**Please print clearly and fill in all fields.  
Incomplete information may delay your registration.**

Vipassana Retreat (240R05) \_\_\_\_\_

Name of Retreat

July 15-24, 2005 \_\_\_\_\_

Retreat Dates

**Registration Fees:** \$810 – \$540 Residential -or- \$675 - \$405 Commuter sliding scale. Whatever you pay above the low end of the sliding scale is a tax-deductible donation to Spirit Rock.

**1. DEPOSIT PAYMENT:** I authorize SRMC to charge my Credit Card for the following deposit (a deposit must be charged in order to secure your spot in the retreat). **(Please choose only one.)**

\$150 Deposit (minimum deposit required unless you're applying for scholarship)

\$90 Deposit (minimum deposit required **ONLY if you're applying for scholarship**)

I'd like to pay for my full retreat now. Please charge the full retreat payment of \$ \_\_\_\_\_

**2. BALANCE PAYMENT:** I also authorize SRMC to charge the balance of \$ \_\_\_\_\_ \* to my Credit Card 10 days before the start of the retreat.

**\*If you're applying for a scholarship,** only write in a deposit amount in item # 1; do not complete # 2. When you find out your scholarship award amount, call us with your balance payment amount (at least 10 days before the retreat, please).

### **Scholarship Donation:**

I would also like to make a tax-deductible donation to the scholarship fund in the amount of \$ \_\_\_\_\_. (This will be charged to your credit card at the same time as your deposit.) (This amount is separate from your registration fees.)

\_\_\_\_\_  
Cardholder's name as it appears on credit card                      Name of Retreatant (if different from credit card holder)

Visa®

MasterCard® **NOTE: We only accept Visa or Mastercard**

\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_  
Credit Card Number

\_\_\_\_\_/\_\_\_\_\_  
Expiration date (month/year)

\_\_\_\_\_  
Authorized Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Cardholder's billing address on credit card statements

\_\_\_\_\_  
City                                      State/Province                                      Zip/Country

(\_\_\_\_\_) \_\_\_\_\_

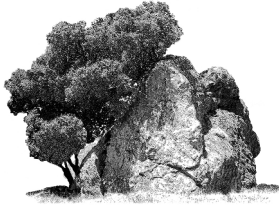
Billing Phone Number

\_\_\_\_\_  
E-mail address (optional)

**Please return your completed form to: Registrar, SRMC, PO Box 909, Woodacre, CA 94973**

**Please keep a copy of this form for your records.**





Spirit Rock Meditation Center  
in the Buddhist tradition

Dear Friend,

If you've been sitting at Spirit Rock for any length of time, you've probably heard someone say that retreat fees do not cover the actual costs of holding our retreats. Spirit Rock has chosen to keep fees reasonable to allow people to attend retreats who might not otherwise be financially able. The amount of costs covered by retreat fees varies from year to year depending on donor support and scholarship allocations, but it is never enough to cover the entire amount.

In June 2001, we instituted a sliding scale policy for retreat fees, thus enabling yogis who are capable of paying at the higher end of the scale to help support the practice of those who would find higher fees a financial burden. Many yogis report that this type of generosity becomes a rewarding part of their practice.

If you have the means, please consider paying a higher amount. Any amount you pay over and above the lower end of the sliding scale qualifies as a tax-deductible contribution, and we will provide you with a letter acknowledging your gift to Spirit Rock after the retreat. You will also receive an acknowledgement letter for your dana contributions for teacher and retreat staff support. Both types of support are greatly appreciated.

If you have any questions about our pricing policies, or any other issues, feel free to contact me at [evank@spiritrock.org](mailto:evank@spiritrock.org).

Sincerely,

Evan Kavanagh  
Executive Director  
Spirit Rock Meditation Center

## A GUIDE TO FINANCIAL ASSISTANCE FOR SPIRIT ROCK RESIDENTIAL RETREATS

**IMPORTANT:  
PLEASE READ CAREFULLY, AS THERE HAVE BEEN SOME IMPORTANT CHANGES**

**NOTE:** For non-residential daylongs, classes, or benefits, contact the Spirit Rock Volunteer Coordinator at 415-488-0164 ext 224 to find out about our work exchange program.

- **Deferred Payment Plan**

You can arrange to pay your retreat registration fee over time via monthly deductions from your bank account. Send in your registration forms and deposit (see registration forms for the deposit amount) to the Retreat Registrar and ask for a Deferred Payment Form. Fill out the form, attach a voided blank check, bring it with you to the retreat, and give it to the retreat manager when you check in. You may, if necessary, combine this plan with any of the other three plans.

**IMPORTANT: If you have any outstanding balances due to Spirit Rock, they must be paid off before registering for another retreat.** Deferred payment is also available for Teacher and Staff Dana at the end of a retreat. Please bring an extra voided check if you'd like to defer your teacher and staff dana.

*Please choose only ONE of the following scholarship options. These can be combined with a deferred payment plan if necessary..*

- **The Mudita/Karuna Scholarship Fund**

If financial difficulties prevent you from attending a retreat, apply to the ***Mudita Scholarship Fund***. If you have a life-threatening illness and your medical expenses prevent you from affording the retreat, apply to the ***Karuna Scholarship Fund***. If you would like to apply for either of these scholarships, ask the Retreat Registrar for the ***Mudita/Karuna Scholarship Fund*** form. Please read the guidelines carefully before applying.

If you are applying for the *Mudita* Scholarship, send a minimum deposit of \$10 per night (for example, send a \$70 deposit for a 7-night retreat) to the Retreat Registrar along with your registration forms in order to secure your spot in the retreat. If you are applying for the *Karuna* Scholarship, no deposit is required.

The deadline for ***Mudita*** applications is four weeks before the retreat. Applications received after that date are considered subject to availability of funds. Applications received less than one week before the retreat will not be considered. There is no deadline for ***Karuna*** applications.

Please send your ***Mudita/Karuna*** application to the scholarship administrator listed at the bottom of that form.

- **The People of Color Scholarship Fund**

This scholarship fund is specifically for non-Caucasians. Spirit Rock actively seeks and supports diversity.

Send a minimum deposit of \$10 per night (for example, \$70 for a 7-night retreat) to the Retreat Registrar with your registration forms in order to secure your spot in the retreat. To apply for the scholarship call 415-488-0164 ext 237.

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*Our intention at Spirit Rock is to make residential retreats available to as many as we can. We do everything we can to keep costs low and at the same time, we must work with the financial realities of basic expenses and limited funds.*

***Important Note:*** *We are no longer offering the \$10-less-per-night self-selecting scholarship. However, these funds are still available from the Mudita/Karuna Scholarship fund. All those who need financial assistance are encouraged to apply for a Mudita Scholarship.*