



*The Still Heart*  
cultivating the inner life  
with Eileen Kiera

**August 31 - September 5**

## REGISTRATION FORM

Name of Retreatant \_\_\_\_\_ Gender \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

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

Emergency contact Name \_\_\_\_\_ Relation \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

How did you find out about this retreat?

If this is your first time at Mountain Lamp, please share how you heard about Mountain Lamp as well as any experience you have had with practice in community.

## Accommodation and Food

At Mountain Lamp we invite you to enjoy healthy and delicious meals which are vegan and gluten-free. Dairy, soy and wheat may be offered on the side at some meals. Unless dietary needs are medically related, we ask that participants do not bring additional food to the retreat, so we can enjoy sharing meals in community and keep our sleeping areas clean.

### Accommodation Type

- ☐ Shared Indoor Room  
☐ Camping

### Dietary Options

- ☐ Dairy Free  
☐ Gluten Free

### Significant food allergies that the cooks should be aware of

\_\_\_\_\_  
\_\_\_\_\_

## Retreat Fees and Payment

\$330 US\$ / \$300 Circle of Friends / Canadian Dollar at par

Discounts available are as follows

☐ 5% Camping Discount

\* You can become a part of the Mountain Lamp Circle of Friends by making an annual donation to Mountain Lamp of \$240 or more.

**Scholarships** are available for those in need. Contact [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org) if you would like to apply for a scholarship. Please apply early for full consideration.

**I will pay by**

Check - send to: P.O. Box 512 Deming, WA 98244 - **Please write “The Still Heart” on your check**

PayPal- <http://www.mountainlamp.org/fees.html>

\* Mountain Lamp is charged between 2% and 4% for all Paypal transactions. Therefore we encourage check or cash payments in order to use the full amount of your contributions for the needs and benefit of our community. Thank you.

## Arrival and Departure Information

Arrival is on Aug. 31st. Please plan to register and get settled before supper, which will be served at 5:30pm.

Departure is after clean-up on Sept. 5th, around 2:00 pm.

***Please let us know before the retreat when you plan to arrive.***

***We will send a confirmation letter with further information upon receipt of your deposit.***

Is there any other information you would like us to know?

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## Please Read

In order to complete your registration and secure your spot we require a \$100 deposit. Once we have received your deposit we will confirm your registration.

Your \$100 deposit payment is non-refundable. Thank you!

**Mountain Lamp Community**

**(360) 592-0600**

**P.O. Box 512**

**Deming, WA 98244**

**[mountainlamp.org](http://mountainlamp.org)**