



# Descent into the Lanka

Three-week Study Retreat with Eileen Kiera, Jack Duffy & Red Pine

June 1 - 21

Please fill out the following form to register for the 3 week retreat, 'Descent into the Lanka', with Jack Duffy and Eileen Kiera, June 1<sup>st</sup> to 21<sup>st</sup>, and with guest speaker Red Pine, June 15<sup>th</sup> - 17<sup>th</sup>.

We look forward to practicing with you!

Name \_\_\_\_\_ Gender \_\_\_\_\_

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

Address \_\_\_\_\_

City \_\_\_\_\_ State or Province \_\_\_\_\_ Zip \_\_\_\_\_ Country \_\_\_\_\_

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

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

Address \_\_\_\_\_

### How did you find 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 meditation and mindfulness retreats or practice in community.

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

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. When available, we serve seasonally fresh organic produce from our garden and orchard. We are unable to accommodate any other special dietary needs. 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.

### Please select dietary requirements:

- Regular Vegetarian
- Vegan
- Gluten Free

Food allergens that the cooks should be aware of:

\_\_\_\_\_

### Accommodation Type

- Shared indoor room
- Camping

**Retreat Fees and Payment:**

	<b>Regular Price</b>	<b>With CoF Discount *</b>
<b>1 week:</b>	\$400	\$325
<b>2 weeks:</b>	\$600	\$525
<b>3 weeks:</b>	\$725	\$575

**Arrival dates:: June 1, 8, 15**

**Departure dates: June 7, 14, 21**

**Minimum stay is 1 week**

(We may be able to accommodate other length stays which are more than one week, i.e. 10 days, 15 days etc. Please e-mail: [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org) to discuss and arrange.)

Discounts for the retreat are as follows:

10% 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.

I will pay by:

( ) Check- send to: P.O. Box 512 Deming, WA 98244 - Please write "Descent into the Lanka" on your check.

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

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

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**PLEASE READ**

In order to complete your registration form and secure your spot you need to make a \$150 deposit. Once we have received your deposit we will confirm your registration.

Your \$150 deposit payment is non-refundable. The non-deposit portion of your retreat payment is refundable up until May 24<sup>th</sup>, 2015. After May 24<sup>th</sup>, none of your payment is refundable.

Partial scholarships are available for those in need, please contact [ml-info@mountainlamp.org](mailto:ml-info@mountainlamp.org) if you would like to apply for a scholarship. Please apply by the early registration deadline for full consideration.

Thank you!

**Mountain Lamp Community**

**(360) 592-0600**

**P.O. Box 512**

**Deming, WA 98244**