

# Family Campout Retreat:

## Growing our Practice as Individuals, Families, and Community

*How do we cultivate the field of spiritual well-being in the heart of our family life? How do we find time to nourish ourselves and our loved ones in the context of our busy everyday lives at home, school and work? As parents, children, siblings, aunts, uncles, and even grandparents, together we will explore these questions as we take time to breathe together, walk and sit together, sing and play together, work as a community, and enjoy being silent in nature together. A children and adolescent program will flow alongside a separate program for adults throughout the retreat. During certain activities each day, we will also join together as multiple streams of practice into one beautiful community river.*

**Please fill out the following form to register for “Family Campout Retreat” at Mountain Lamp Community, July 23<sup>rd</sup> to 26<sup>th</sup>, 2015.**

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:**

- Dairy Free
- Gluten Free

Significant food allergies that the cooks should be aware of:

\_\_\_\_\_

**Accommodation Type:**

- Shared indoor room
- Camping

## **Retreat Fees and Payment**

*Family Retreat, July 23 – 26, 2015*

Number of Adults (\$165.00):

Number of children 6 and over (\$75):

Number children under 6 (free):

Total Retreat Fees (minus discount):

### **Discounts available are as follows:**

10% Camping Discount

5% Circle of Friends 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.

### **Total Retreat Fees with discount:**

I will pay by:

( ) Check - send to: P.O. Box 512 Deming, WA 98244 - Please write "Family Retreat 2015" 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 practice community. Thank you.

### **Arrival and Departure Information:**

Please arrange to be present for our orientation which will begin at 7:00pm on July 23<sup>rd</sup>, Thursday evening. Dinner will also be offered that evening at 5:30pm; dinner attendance is optional. Please let us know before the retreat when you plan to be arriving.

Our retreat will last until lunch on Sunday, July 26<sup>th</sup>.

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 \$100 deposit. Once we have received your deposit we will confirm your registration.

Your \$100 deposit payment is non-refundable. The non-deposit portion of your retreat payment is refundable up until July 16<sup>th</sup>, 2015. After July 16<sup>th</sup>, 2015, 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.

Thank you!

### **Mountain Lamp Community**

**(360) 592-0600**

**P.O. Box 512**

**Deming, WA 98244**

**mountainlamp.org**