



Winter Bones Sesshin Registration Form

with Jack Duffy

Please complete the following form to register for “Winter Bones Sesshin” at Mountain Lamp Community, November 28 to December 6, 2015. We look forward to practicing with you!

Name _____ Gender _____

Phone _____ Email _____

Address _____

City _____ State or Province _____ Zip/Postal Code _____

Country _____

Emergency contact _____ Relation _____

Phone _____ Email _____

Address _____

How did you hear 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.

Dietary requirements (if any):

- Dairy Free
- Gluten Free

Significant food allergies that the cooks should be aware of:

Accommodation Type:

- Shared indoor room
- Camping

Retreat Fees and Payment

Winter Bones Sesshin Fee \$475.00 (US Dollars)

Discounts Available:

10% Camping Discount

5% Early registration discount (before November 10)

5% Circle of Friends Discount *

Scholarship **

* 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; please contact ml-info@mountainlamp.org if you would like to apply for a scholarship. Please apply early for full consideration.

Total Retreat Fees with discount or scholarship:

I will pay by:

Check - send to: P.O. Box 512 Deming, WA 98244 - Please write "Harvest 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 community. Thank you.

Arrival and Departure Information:

Please arrive by 4:00 PM, November 28. Dinner will be offered at 5:30pm. Please let us know ahead of time when you plan to arrive.

Our retreat will last until 2:30 PM, December 6.

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

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. The non-deposit portion of your retreat payment is refundable up until Nov 10, 2015. After Nov 10, 2015, none of your payment is refundable.

Thank you!

Mountain Lamp Community
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mountainlamp.org