

Zen Weekend Retreat with Jack Duffy

The Zen Weekend Retreat is open to both beginners and seasoned practitioners. The retreat will include sitting and walking meditation, dharma talks, working meditation, silent meals, as well as one-on-one instruction for individual practice guidance.

Please fill out the following form to register for "Zen Weekend Retreat" at Mountain Lamp Community, October 16th through 18th, 2015.

We look forward to practising together 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

Zen Weekend Retreat, October 16th to 18th, 2015 (\$110.00):

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.

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 "Zen Weekend July 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:

We encourage you to arrive by 4pm on Friday, October 16th. However, we understand that people may need to arrive later due to work needs. Please arrange to be present for our orientation which will begin at 7:00pm, Friday evening. Dinner will also be offered that evening at 5:30pm. Please let us know before the retreat when you plan to arrive.

Our retreat will last until lunch on Sunday, October 18th.

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

PLEASE READ

In order to complete your registration form and secure your spot you need to make a \$50 deposit. Once we have received your deposit we will confirm your registration.

Your \$50 deposit payment is non-refundable. The non-deposit portion of your retreat payment is refundable up until October 8th, 2015. After October 8th, 2015, none of your payment is refundable.

Thank you!

Mountain Lamp Community

(360) 592-0600

P.O. Box 512

Deming, WA 98244

mountainlamp.org