

Wake Up

Awakening Joy, Inspiring Compassion: Mindfulness Retreat for Young Adults

September 11-14, 2014

Registration Form

Please fill out the following form to register for the Wake Up Retreat at Mountain Lamp. We look forward to practicing together!

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. 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

Please indicate your registration choice, and make note of your payment amount. (Note: The regular registration fees at Mountain Lamp for 3 nights are \$135 for indoor room accommodations.)

Camping (\$105.00)

Shared Indoor Room (\$120.00)

A range of scholarships (for students or unemployed) are available for those in need. Our intention is that no one will be prevented from attending the retreat due to financial obstacles. Please contact David Viafora at (360) 592-0600 or at dviafora@mountainlamp.org if you would like to apply for a scholarship.

I will pay by:

Check- send to: P.O. Box 512 Deming, WA 98244 - Please write Wake Up Retreat on your check

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

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 Sept 4, 2014. After Sept 4th 2014, none of your payment is refundable.

Thank you!

Mountain Lamp Community

(360) 592-0600

P.O. Box 512

Deming, WA 98244