

Waiting List/Commuter Application

for Young Adult Insight Meditation Retreat, August 9-15, 2010

This retreat is full; however we do have a waiting list. You can choose to either be added to the waiting list, or you can register as a commuter. Instructions for both are given in detail below.

Please read and follow these instructions carefully before sending in your registration forms.

● **TO BE ADDED TO THE WAITING LIST FOR THIS RETREAT**, please fill out the attached registration forms and send them to the address indicated on the form along with your deposit. **We need a separate check or credit card payment for EACH person that applies.** Once we receive your registration forms and deposit, you will be added to the waiting list, and you will be notified via email as to where you are on the waiting list (so please make sure to print your email address clearly on your registration form). If you do not have an email address, we will notify you via mail. **We cannot hold a place on the waiting list for you without your registration forms and deposit.** **Please make sure to indicate on your form until what date you are willing to stay on the waiting list. You will be taken off the waiting list on that date unless we hear otherwise.** We will not deposit your check or charge your credit card until you get a spot in the retreat. **If you do not get a space in the retreat, your check or credit card form will be destroyed after the retreat begins.**

If you need to apply for a scholarship, go ahead and send in your registration forms and deposit, and scholarship form. If you get into the retreat, we will apply the scholarship money allocated to you. A list of financial aid options is attached.

HOW THE WAITING LIST WORKS: Once a spot becomes available in the retreat, you will be contacted by phone. At that time, **we will give you a deadline by which we need you to respond, or we will move onto the next person on the waiting list. We will need a quick response, especially in the week leading up to the retreat, so make sure to check your phone messages regularly.** The longer you are willing to wait, the more likely your chances of getting in. If you are willing to wait until the last minute, please let us know.

Unfortunately, due to the volume of calls we receive, we will not be able to respond to questions about what your chances are of getting into the retreat. It really depends on how many cancellations we get. Sometimes waiting lists can move very quickly. And we have actually put number 89 in off a waiting list before, so the longer you're willing to wait, the better your chances. We often get last minute cancellations for retreats.

- **TO REGISTER AS A COMMUTER:** Fill out the attached forms and indicate that you would like a commuter spot. Make sure to include your deposit with your registration forms. Commuter spots are limited, and they are filled on a first-come, first-served basis. If there are no commuter spots left when we receive your forms, we will notify you. **If you sign up as a commuter, your name will not be added to the waiting list. IMPORTANT PRE-REQUISITE: You must have attended at least one 7-day or two 5-day silent residential retreats before if you'd like to attend as a commuter. All commuters are expected to attend the full retreat.**

Commuters attend the full retreat, including all meals, but are NOT provided with overnight accommodations. The cost for a commuter space can be found on the registration form. Commuters can rest in the lower walking hall during the day. A list of accommodations is available on our website at www.spiritrock.org (to find it on the website, click on "community". Off-sit accommodations will then be listed in the menu on the right hand side of the screen), or you may want to try camping at Samuel P. Taylor public campground, which is about 6 miles from Spirit Rock. The number to call is 1-800-444-7275. Camping and sleeping in a vehicle in the parking lot at Spirit Rock are not allowed (county restrictions!).

Application form for Waitlist and Commuters

Young Adult Insight Meditation Retreat, August 9-15, 2010 (372R10) (6 nights)

At Spirit Rock Meditation Center

Teachers: Debra Chamberlin-Taylor, Marvin Belzer, Dori Langvin, Will Kabat-Zinn, Teja Bell (QiGong)

Course Cost: USD \$765– \$300 Residential -or- USD \$480- \$180 Commuter sliding scale plus donation (DANA) to teachers and retreat staff at end of retreat. Please pay at the highest level of the sliding scale that you can afford. This allows others who need to pay less the opportunity to attend. Whatever you pay above the lowest end of the sliding scale is a tax-deductible donation to Spirit Rock. Please keep administrative costs low by paying the full amount now. A minimum deposit of \$250 is required, full payment due 10 days before the start of the retreat.

By applying to this retreat, you are agreeing to attend the entire retreat and will arrive on the day the retreat opens, between 3pm-5pm. You are also agreeing to pay the following cancellation fees.

Cancellation fees: To cancel: Call 415.488.0164 ext 247 or email dawns@spiritrock.org \$25 before June 28, \$75 June 29-July 12, \$150 July 13-Aug 2, \$250 Aug 3, **NO Refunds as of 3:00pm (PST) last business day before opening Aug 6.**

I would like to register as a: (please choose only one)

- Resident** (I realize that I will be contacted if a residential space opens in this retreat)
- Commuter*** (I realize that if I register as a commuter, I will be taken off the waiting list.)
 - I have attended at least one 7-day or two 5-day silent Vipassana retreats (only commuters need to check this box).

***IMPORTANT COMMUTER PRE-REQUISITE: You must have attended one 7-day or two 5-day residential Vipassana retreats before in order to register as a commuter.**

Until what date can you remain on the waiting list? _____ Please notify us ASAP if this changes.

| | | | | | | | |
|---------------------------|--|------------|--|---------------|--|--------|--|
| Name: | | | | | | | |
| Address: | | | | | | | |
| City : | | State: | | Zip: | | Email: | |
| Phone (W): | | Phone (H): | | Birth Date: | | | |
| EMERGENCY CONTACT: | | | | | | | |
| Name: | | Phone: | | Relationship: | | | |

***We will send your acceptance/confirmation letter to this email address, make sure it is legible.**

Accommodation Information:

| | |
|------------------------------------------------------------|-----------------------------------------------------------------------|
| X | Mark with X if yes. |
| | This is my first residential retreat at Spirit Rock Meditation Center |
| | Male |
| | Female |
| | Transgender |
| | Request a chemically sensitive building |
| | Snore |
| | Need room on 1 st floor |
| | Cannot be on mixed gender floor |
| Roommate preference (<i>couples do not share a room</i>) | |
| | Enter roommate name: _____ |
| List any medical needs or mobility limitations: | |
| | _____ I will need a scooter. Mark with X if yes. |

How to request a scholarship:

| | |
|--------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | 1) Check which scholarship form you need below. Please send in a deposit with this registration form 2) YOU NEED TO SEND THE SCHOLARSHIP FORM (BELOW) WITH YOUR REGISTRATION APPLICATION |
| X | Mark with X one of the following. |
| | Mudita Scholarship (my scholarship form is attached with the \$90 required deposit) |
| | Karuna Scholarship (my scholarship form is attached with the \$90 required deposit) |
| | People of Color Scholarship (my scholarship form is attached with the \$90 required deposit) |
| Deferred payment: | Please send in a deposit with this registration form in the amount of \$(90 required deposit) . |
| | I am applying for deferred payment. Please send form to me. |

Scholarship Donation: I would also like to make a tax-deductible donation to the scholarship fund in the amount of \$_____.

RETURN WITH RESERVATION FORM

Dear Yogis,

Spirit Rock Meditation Center is founded on the principles and teachings of the Dharma for the liberation of all beings. It is our goal to offer those teachings as freely as possible and with the greatest possible access to them. However, Spirit Rock exists in the world of modern America, which can include the possibility of claims and litigation against Spirit Rock for what can occur during events on the land. Such claims and litigation when made needlessly or frivolously would be a costly and time-consuming process that could eventually threaten the continued viability of Spirit Rock and our ability to offer access to the Dharma.

Thus, we ask that you read and sign this waiver of liability. By signing it, you will be indicating that you understand that you play a role in protecting the Spirit Rock community's Meditation Center from litigation.

With metta, The Spirit Rock Teachers and Board

VOLUNTARY PARTICIPATION

I acknowledge that I have voluntarily applied to participate in the **Young Adult Insight Meditation Retreat August 9-15, 2010** to be held at Spirit Rock Meditation Center from referred to below as "this event", at the premises of Spirit Rock Meditation Center, located at 5000 Sir Francis Drake Boulevard, Woodacre, California.

ASSUMPTION OF RISK

1. I am aware that participating in this event may involve strenuous physical activities such as work meditation, yoga, or movement classes, as well as risks associated with hiking in the rural setting, including contact with poison oak and wildlife. I am also aware that this is a silent, intensive meditation retreat and that participants in such retreats may experience intense and unusual psychological, spiritual, and/or physical states of mind and body arising from the meditation and associated retreat activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risks of harm that may result from these activities.

RELEASE

2. As consideration for being permitted by Spirit Rock Meditation Center or one of its affiliates to participate in these activities and use their facilities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue or attach the property of Spirit Rock, its affiliates, employees, agents or volunteers or any of its affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor of Spirit Rock, or any of its affiliated organizations, as a result of my participation in this event, except when an employee, agent, or contractor of Spirit Rock or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed. I hereby release Spirit Rock and any of its affiliated organizations from all actions, claims or demands that I, my assigns, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury or damage resulting from my participation in this event, except when an employee, agent, or contractor of Spirit Rock or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed.

DISPUTE RESOLUTION

3. Any dispute arising out of participation in this event shall be resolved solely as follows.

- a. If you have any claim, you shall first attempt to resolve any dispute by negotiation between the claimant and the Executive Director of Spirit Rock, or a designated agent of Spirit Rock. If you have a claim, you shall submit it (the "initial notice") to the Executive Director of Spirit Rock in writing. Within 15 days after delivery of a written notice of a claim (the Executive Director or designee ("Spirit Rock")) will submit a written response to the claimant. Within 45 days after delivery of the initial notice, you and Spirit Rock shall meet at a mutually acceptable time at a mutually agreeable location in Marin County, California, to attempt to resolve the dispute. You and Spirit Rock shall continue to negotiate in person or by other means to resolve the dispute for up to 120 days after your initial notice.
- b. If the dispute has not been resolved by negotiation as provided herein within 120 days after delivery of the initial notice of negotiation, you and Spirit Rock shall engage in mediation under the Center for Public Resources ("CPR") Mediation Procedure (www.cpradr.org). Three mediator candidates will be selected by Spirit Rock. Each mediator candidate will have at least 15 days of residential retreat experience in the vipassana tradition during the two years preceding your claim. You will select the acting mediator from the three mediator candidates. The mediation shall take place in Marin County, California, at a mutually agreeable location or, if we cannot agree, at a location designated by the mediator.
- c. Any dispute which has not been resolved by such mediation within 120 days after appointment of a mediator shall be finally resolved by arbitration before a single arbitrator in Marin County, California, in accordance with the CPR Rules for Non-Administered Arbitration (www.cpradr.org) and the Federal Arbitration Act.

KNOWING AND VOLUNTARY EXECUTION I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Spirit Rock Meditation Center and/or its affiliated organizations, and sign it of my own free will.

| | | | | | |
|---------|--|----------|--|-------|--|
| Signed: | | Printed: | | Date: | |
|---------|--|----------|--|-------|--|

Please send these forms with your payment to:
Registrar, SRMC, PO Box 169, Woodacre, CA 94973
OR fax with credit card information (Visa or Mastercard) to 415 .488.1026

Retreat Renunciation and Simplicity

The Spirit Rock community is happy to welcome you to our retreat center. Retreats offer a sacred space, protected and removed from the world, intended to allow participants to quiet the mind and open the heart. Some of the most beneficial and rewarding experiences of spiritual life come from attending a silent meditation retreat. The safety and container of a retreat help participants learn to embody patience, steadiness, loving kindness, generosity, and wisdom. Out of this grows the insight, compassion, and freedom that are natural to the heart.

Spirit Rock's beautiful retreat center is designed to provide comfortable and suitable conditions. It is also a monastery – so when attending a retreat we ask that you arrive with a spirit of renunciation and simplicity. To foster this spirit of simplicity and letting go, we ask retreatants to undertake the following traditional practices, which are called by our Elders:

Taking What is Offered

1. Taking Any Residence – Traditionally in the monastery, one takes whatever hut is offered. Spirit Rock has accommodations of both single and double rooms, and we ask participants to take the accommodation assigned and practice with whatever situation they find themselves in.
2. Taking the Food that is Offered – The cooks lovingly prepare tasty and nutritious vegetarian food. If you cannot eat dairy, eggs, or wheat, an alternative is provided. Except for serious medical needs (speak to the cooks), the retreat practice is to take the food that is offered.
3. Noble Silence – In fostering an atmosphere of contemplation, retreatants commit to the general practice of Noble Silence. This is especially important in your commitment to no-note-writing or other communication between retreatants, no mail, no cell phones, and no calls except for emergencies (check with a teacher or manager). There will be talking during Dharma talks, interviews, question periods, and with staff and teachers. If there are concerns that arise at any time, you may talk to the manager or a teacher.
4. Serving the Community – In order to learn the art of mindfulness and for the retreat to properly function as a collaborative, all retreatants are given a daily period of simple work meditation. You will sign up for a work meditation when you register. Your service in the kitchen or in ringing bells, cleaning, and housekeeping is an important part of the training in mindfulness and generosity.

By coming to a retreat, you join us in undertaking these practices of renunciation and simplicity. Spirit Rock retreats are run primarily by a volunteer staff of managers, cooks, and teachers who hope to serve you as best we can. We deeply value the benefits of meditation and retreat, and we are happy to share them with you.

We thank you for your participation and your sincerity.

Many blessings,

The Spirit Rock Teachers and Staff

SRMC Visa®/MasterCard® Authorization Form for Residential Retreats

Please keep a copy for your records

Young Adult Insight Meditation Retreat (372R10)
Name of Retreat

August 9-15, 2010 6 nights
Retreat Dates

Registration Fees: USD\$765 – \$300 Residential -or- USD\$480 - \$180 Commuter sliding scale. Whatever you pay above the low end of the sliding scale is a tax-deductible donation to Spirit Rock.

Payments: I authorize SRMC to charge my Credit Card as follows:

I'd like to pay for my full retreat now. Please charge the full retreat payment of \$_____.

I would like to pay the minimum deposit of \$250 to register, and I authorize SRMC to charge the balance of \$_____ to my Credit Card 10 days before the start of the retreat.

I am applying for a Mudita or Karuna Scholarship, please charge my credit card in the amount of \$90 as a minimum deposit for this retreat and I authorize SRMC to charge the balance* of the retreat cost to my credit card 10 days before the start of the retreat. (*The balance = \$300 MINUS the deposit paid MINUS scholarship money awarded.)

I am applying for a People of Color Scholarship, please charge my credit card in the amount of \$90 as a minimum deposit for this retreat, and I authorize SRMC to charge the balance* of the retreat cost to my credit card 10 days before the start of the retreat. (*The balance = \$300 MINUS the deposit paid MINUS scholarship money awarded.) **MY SCHOLARSHIP FORM IS ATTACHED.**

I am applying for a Scholarship, I'd like to pay **more than the minimum deposit** at this time. Please charge my credit card in the amount of \$_____ and I authorize SRMC to charge the balance* of the retreat cost to my credit card 10 days before the start of the retreat. (*The balance = \$300 MINUS the deposit paid MINUS scholarship money awarded.)

I am applying for a Deferred Payment, please charge my credit card in the amount of \$90 as a minimum deposit for this retreat.

Scholarship Donation: I would also like to make a tax-deductible donation to the scholarship fund in the amount of \$_____. (This will be charged to your credit card at the same time as your deposit.) (This amount is separate from your registration fees.)

Cardholder's name as it appears on credit card

Name of Retreatant (if different from credit card holder)

Visa®

MasterCard® **NOTE: We only accept Visa or Mastercard**

_____-_____-_____-_____
Credit Card Number

_____/_____
Expiration date (month/year)

Authorized Signature

Date

Cardholder's billing address as it appears on credit card statements

City

State/Province

Zip/Country

(_____)_____
Billing Phone Number

E-mail address (optional)

name allocated date approved by

SCHOLARSHIP APPLICATION

Please complete the following in its entirety

Date: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Telephone: _____ Occupation: _____
Email address: _____

Retreat: Young Adult Insight Meditation Retreat (372R10) Retreat Dates: August 9-15, 2010

Please check the scholarship you are requesting:

_____ Mudita Scholarship
_____ Karuna Scholarship
_____ People of Color Scholarship

Please contribute as much as you are able so we can continue to offer scholarships to as many people as possible.

| | | |
|----------------------------------|-------|----------|
| Retreat cost | | \$300 |
| Deposit amount sent to registrar | minus | \$ _____ |
| Additional amount I can pay | minus | \$ _____ |
| Amount I am requesting | = | \$ _____ |

Reason for scholarship: (please read guidelines for applicants before requesting funds.)

Have you received Mudita, Karuna or People of Color funds in the last 12 months? _____

Do you owe money for any other Spirit Rock Meditation Center retreat? _____

I have read the guideline and understand there are cancellation fees. _____

Signature: _____

If you need to arrange for a deferred payment plan for the balance, please contact the retreat registrar at dawns@spiritrock.org.

Please send the completed form with your application packet
PO Box 169 Woodacre, CA 94973
Fax: 415-488-1026 Phone: 415-488-0164 ext 247

Financial Aid Guidelines

Scholarships for Residential Retreat ~ General Information

Dana (the Pali word for generosity) has played an essential role in the 2,500 year-old Buddhist tradition. Spirit Rock Meditation Center teachers freely offer the teachings, and are supported in turn by donations from participants who value what the teachings have brought to their lives. In the spirit of this tradition, Spirit Rock Meditation Center is committed to offering scholarship assistance to those who are genuinely unable to afford the low-end sliding scale price of a meditation retreat.

Each scholarship request is carefully assessed in terms of financial need, previous history, and funds availability. **Due to limited resources, we cannot guarantee that every application will result in a scholarship award. Note: Scholarships requests have doubled in 2009, due to an increase in applicants, your first choice of retreat may not always be possible, as there are a limited number of beds available for scholarship applicants on retreats.** If you can afford to pay the full amount of the retreat, please do so; this allows Spirit Rock to offer scholarship or special rates to those truly in financial need.

Deposit

All retreats require a deposit to register, even if you are applying for a scholarship. Please refer to the registration application form of the retreat you wish to attend for specific deposit amounts.

How to apply:

Send in your registration forms, including deposit, and scholarship form. If you do not receive the funds that you need, your deposit will be refunded.

Cancellations

If you need to cancel from a retreat, please do so early. This gives us time to open the space up for another applicant. Once you have been accepted into the retreat, cancellation fees will apply. Please see next page for explanation of cancellations fees.

Scholarship Funds

Spirit Rock Meditation Center has established various scholarships to support the practice needs of our diverse community. Please apply for a scholarship only if you have a financial need that would otherwise prevent you from attending a retreat. Please read the information below and, if submitting a scholarship application, please select the fund that best suits your situation.

Mudita Scholarships

The Mudita Scholarship provides a means for those who find themselves in financial need and who would not otherwise be able to attend a retreat. A deposit is required. See the registration form for the amount.

Applicants may be granted up to 9 nights (\$627) of retreat time per year, including scholarships for multi-year retreat programs (i.e. DPP, CDL, POE and MYMT). A deposit of \$15 per night is required. Please note that applications for the one- and two-month retreats are considered separately.

Karuna Scholarships

This Scholarship is available for those with serious medical conditions who find themselves in financial need and who would not otherwise be able to attend a retreat. See the registration form for the retreat you would like to attend for the deposit amount.

Applicants may be granted up to 20 nights (\$1387) of retreat time per year including scholarships for multi-year retreat programs (i.e. DPP, CDL, POE and MYMT). A deposit of \$15 per night is required.

Please note that applications for the one- and two-month retreats are considered separately.

People of Color (POC) Scholarship

Spirit Rock Meditation Center is committed to diversity. The POC Scholarship is specifically for People of Color. Awards may be granted up to 20 nights (\$1387) of retreat time per year nights per year. A deposit of \$15 per night is required.

Please note that applications for the one- and two-month retreats are considered separately.

Renunciate Monastics:

Renunciate Monastics are invited to attend Spirit Rock Meditation Center retreats. No deposit is required; there is no deposit and no limit on the number of nights. [Please consider these words an invitation to attend our retreats. We do ask that you register in advance as some retreats do fill and space may not always be available.]

Young Adult Rate:

It is our wish to support the practice needs of meditators in early adulthood. To this end, Spirit Rock extends a special invitation to young adults [age 18-26] who wish to attend one of the retreats below at a special rate of \$15 per night. They will have a limited number of available Young Adult special rate beds, on a first come, first-served basis.

For 2010 the retreats are:

**January 19-24 Essential Dharma (326R10)
May 2-9 Women's Retreat (344R10)
June 28-July 5 Living Dharma Retreat (360R10)
August 9-15 Young Adult Retreat (372R10)
December 13-18 LGBTQ Retreat (218R10)**

Please visit our website at www.spiritrock.org for more details about these retreats.

Deferred Payment Plan

You can arrange to pay your retreat registration fee over time via monthly deductions from your bank account. Send in your registration forms and deposit (see registration forms for the deposit amount) to the Retreat Registrar and ask for a Deferred Payment Form. Fill out the form, **attach a voided blank check**, bring it with you to the retreat, and give it to the retreat manager when you check in. Deferred payment is also available for Teacher and Staff Dana at the end of a retreat. Please bring an extra voided check if you'd like to defer your teacher and staff dana.

Cancellation Fees:

Late Cancellations make it difficult to give someone else the opportunity to attend. Please contact Spirit Rock Registrars immediately, should you need to cancel.

Date of Cancellation

More than 6 weeks before the start of the retreat
4-6 weeks before the start of the retreat
Less than 4 weeks before the start of the retreat

Non-Refundable Cancellation Fee

\$25 or 25% of the required deposit, whichever is greater
\$25 or 50% of the required deposit, whichever is greater
100% of the required deposit