



“Mindfulness in Daily Life”

A Retreat with Monks and Nuns from Blue Cliff Monastery

May 13 – May 15, 2011

Pembroke, Ontario

REGISTRATION FORM

Please complete in full and print clearly.

Date: _____ Number of people being registered on this form: _____

First Name: _____ Last Name: _____ M/F: _____

First Name: _____ Last Name: _____ M/F: _____

First Name: _____ Last Name: _____ M/F: _____

Address: _____ City: _____ Province: _____

Postal Code: _____ E-mail: (for confirmation and updates) _____

Home Telephone: _____ Work Telephone: _____

Have you previously practised meditation? If so, how long have you practised, and with which teacher(s) / tradition(s):

How much retreat experience do you have?

None

Short Retreats (1-6 day periods) _____ (*specify how many*)

Long Retreats (7-14 day periods) _____ (*specify how many*)

Extended Retreats (15 day +) _____ (*specify how many*)

Emergency contact person and phone number _____

If a registrant is a youth, please indicate age(s) and who will be accompanying them _____

Do you have any food allergies or special meal requirements? _____

Please indicate any physical disabilities or special needs to assist in assigning your room.

Car pooling

I need a ride: Yes____ No____ (We will try to connect you with a ride but cannot guarantee it.)

I can offer a ride to_____ other people from_____ area

Fees (see fee structure in Retreat Information section above)

Total # of attendees _____

Early Bird Rate (until April 15, 2011)

#	@ \$251 Residential Retreatants =	\$
#	@ \$126 Non Residential Retreatants =	\$

Regular Rate (after April 15, 2011)

#	@ \$276 Residential Retreatants =	\$
#	@ \$139 Non Residential Retreatants =	\$
	Donation to Blue Cliff	\$
	Help with financial assistance	\$
	TOTAL FEE ENCLOSED:	\$

Please make cheque(s) payable to: Lauren Osborne (treasurer)

Please mail this form with your payment to:

Lauren Osborne, Treasurer

Ottawa Pagoda Sangha

6419 Deer Valley Crescent Greely, ON K4P 0A9

(A confirmation receipt will be sent to you by email)

Wishing You Happiness and Well-Being

May all beings be peaceful, happy, and light in body and spirit.

May all beings be safe and free from injury.

May all beings be free from anger, afflictions, fear, and anxiety.