

THE MOUNTAIN HERMITAGE
"... in the footprint of the Buddha ..."
Samatha/Concentration Retreat for Experienced Students
Teacher: Marcia Rose
November 8 - 12, 2020
This is an Online/At Home Dana Retreat format

APPLICATION FORM

Please read the Introduction and Practice Guidelines before completing this application form. We respectfully request that you answer all questions completely and honestly. Applications and deposits are requested no later than November 1, 2020. Late applications will be considered on a space available basis.

This form is confidential and will be seen only by the Hermitage retreat teacher, and will be destroyed at the end of the retreat.

Name:

Address:

City/State/Zip/Country:

Phone:

Email:

Date of Birth:

Gender:

Occupation:

Please provide dates, locations and teachers of previous Vipassana, Brahma-Vihara/LovingKindness, Compassion, Appreciative Joy, Equanimity, or Concentration retreats. Applicants must have sat three or more one-week retreats and/or a longer period of intensive practice. Attach additional sheet if necessary.

List dates, style of practice, duration, and locations of any intensive meditation practice in self-retreats: Attach additional sheet if necessary.

Dates, teachers, and duration of retreats in other traditions:

Describe your current daily practice:

Which teacher is most familiar with your practice?

May we contact him or her? Yes / No

Contact information for teacher.

Names and contact information of other teachers we may contact as references.

Are you currently in treatment with a therapist or psychiatrist? Yes / No

Therapist's Name:

Office phone:

Emergency Phone:

Psychiatrist's Name:

Office phone:

Emergency Phone:

Is your therapist and/or psychiatrist aware that you are attending this retreat? Yes / No

Is your therapist and/or psychiatrist familiar with the demands of a meditation retreat? Yes / No

In the event of a psychological emergency, may we contact your therapist and/or psychiatrist? Yes / No

Have you ever been diagnosed with a psychological condition or mental illness? Yes / No

If so, describe the diagnosis, treatment and dates.

Are your symptoms currently well controlled? Yes / No

If no, please describe your current symptoms:

Have you ever made a serious attempt at taking your life? Yes / No

If so, please state when, and what treatment you have had following this attempt:

Do you have any history of emotional instability during intensive meditation retreats? Yes / No

If so, please describe:

How do you assess your current ability to work with emotional swings?

Do you have any history of physical illness or limitations that might be aggravated by or interfere with sitting and walking meditation? Yes / No

If so, please describe:

Are you currently taking any prescription medications for physical or psychological conditions? Yes / No

If so, please list each medication and daily dosage, as well as the condition it is being used to treat:

Are you currently taking any non-prescription medications or food supplements? Yes / No

If so, please list each medication/supplement and daily dosage:

Do you currently smoke cigarettes? Yes / No

If so, how many pack of cigarettes per day? _____

Do you currently drink alcohol on a regular basis? Yes / No

If so, have you ever had any problems abruptly stopping alcohol usage?

Do you currently use any recreational drugs (e.g. marijuana, cocaine, ecstasy)? Yes / No

If so, are you able to abstain from all recreational drugs during your retreat? Yes / No

Do you have any medical needs that will require you to leave the retreat? Yes/No

If so, please describe:

Describe any present circumstances creating additional stress for you that may make meditation more difficult (e.g. recent loss of a loved one or job, illness, fasting, etc.):

This online/at home retreat will require you to spend most of your retreat time at home in solitude and in silence. Would this at home environment be problematic for you? Yes / No

Have you thoroughly reviewed and understood the Introduction and Practice Guidelines document? Yes / No

If you have any questions relating to the Introduction and Practice Guidelines, or any other aspect of the retreat, please ask them here:

Please write a detailed statement describing your intentions for practice. Attach additional sheet if necessary.

Fees: This Dana Retreat is offered freely at no cost to anyone who participates. You will have the opportunity to offer dana to the teacher and The Mountain Hermitage at the end of the retreat. A refundable deposit is required to apply for this retreat. This deposit will not be banked when you apply and are accepted. It will only be banked if you cancel your participation after being accepted into the retreat or fail to show up Online for the retreat. Your commitment to attend this online/at home retreat is communicated to us through your deposit. Please let us know if you have any questions about all of this.

The refundable deposit for this retreat is: \$125

How did you hear about this retreat?

- Attended previous Hermitage retreat(s)
- Hermitage e-mail flyers or e-newsletter
- Printed flyer
- Advertisement in Buddhadharma Magazine
- Advertisement in Lion's Roar or Tricycle Magazines
- Word of Mouth
- Other (Specify) _____

EMERGENCY CONTACT

In the case of any emergency where you may need support or assistance, who may we contact on your behalf? Please provide the name of someone who would be available for you during this online/at home retreat.

Name:

Phone:

Email:

Relationship:

Alternate contact, if available:

BY SIGNING MY NAME BELOW, I, (PRINT NAME)

CONFIRM THAT ALL OF THE ABOVE INFORMATION IS CORRECT TO THE BEST OF MY KNOWLEDGE. IF AT ANY TIME MY CIRCUMSTANCES CHANGE, I WILL INFORM THE MOUNTAIN HERMITAGE.

SIGNED:

DATE:

PLEASE SEND THIS FORM, WITH YOUR DEPOSIT (Made payable to: THE MOUNTAIN HERMITAGE) TO:

THE MOUNTAIN HERMITAGE
PO BOX 807
RANCHOS DE TAOS
NM 87557
USA

You will be informed of your acceptance status within one month after your application and deposit have been received. **Your deposit will be refunded if you attend this online retreat. We are not able to refund your deposit if you cancel your attendance or don't show up online for the retreat.**

THANK YOU – AND MAY YOU BE VERY WELL AND HAPPY