

**Day-Long Black & Indigenous People Of Color ONLINE Retreat
with Bonnie Duran & Carol Cano**

December 2, 2023 9:00 am - 4:00 pm (Pacific Time - PT)

ONLINE! We will email you the Zoom links necessary to access the retreat closer to the starting day.

Please fill out this registration form completely and clearly so that the teachers will be able to guide you skillfully during this retreat. The information is confidential and will be destroyed at the end of the retreat.

Name _____ Pronouns _____

Address _____

City/State/Zip _____

Phone _____ email _____

Please list teachers and dates of previous retreats; Vipassana (insight meditation), Metta (loving-kindness), Samatha (concentration), Zen, Tibetan that you have attended. Use back of the page if necessary.

What, if any, other forms of spiritual practice or meditation have you engaged in? Use back of the page if necessary.

What, if any, is (are) your current daily or weekly spiritual practice(s)? Use back of the page if necessary.

Have you had any emotional difficulties in recent years, for example, chronic depression or anxiety? If yes, please explain briefly. Use back of the page if necessary.

There is a modest **non-refundable** registration fee of \$20 - \$45 for this retreat offering. It is on a sliding scale to allow you to pay according to your means and will go toward taking care of various administrative costs. No one will be turned away due to lack of funds. This fee does not include dana (donation) for the teachers or The Mountain Hermitage.

Please indicate the amount that you are able to pay \$ _____. Any amount over \$30 (actual cost) is a tax-deductible donation.

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 return this document along with your registration fee check/money order to:

**The Mountain Hermitage
PO Box 807
Ranchos de Taos, NM 87557-0807**

You will be informed of your acceptance status within one month after your registration form and fee have been received. **Deadline for registration is Saturday November 25, 2023.**

THANK YOU AND MAY YOU BE VERY WELL AND HAPPY