

**Registration Form for the Sunday International Sangha Online Offering:
Awakening the Heart: a Four Week Journey into the Four Brahmaviharas
with Kristina Bare**

**October Sundays 5, 12, 19, & 26, 2025 10:00 am - Noon (Mountain Time - MT)
+ Special Online weekend retreat October 18-19, 2025**

Please fill out this form completely and clearly so that the teacher will be able to guide you skillfully during these online offerings. The information is confidential and will be destroyed at the end of the retreat. We will email you the Zoom link closer to the start date in October.

Name:

Pronouns:

Address:

City/State/Zip:

Phone:

Email:

Have you had a regular Buddhist practice for at least 3 months? Please list teachers and dates of previous retreats; Vipassana (insight meditation), Metta (loving-kindness), Samatha (concentration), Zen, Tibetan, etc... that you have attended. Use back of the page if necessary.

What 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 registration fee of \$45-\$100 for this 4 week 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. There is no fee for monastics. This registration fee does not include Dana offerings for the teacher Kristina.

Please indicate the amount that you are able to pay \$ _____. Any amount over \$45 (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**

If you would like to fill out this form and pay online, please contact Kathy: hermitage@mountainhermitage.org

You will be informed of your acceptance status within three weeks after your registration form and fee have been received.

THANK YOU AND MAY YOU BE VERY WELL AND HAPPY