

## MABA Winter Retreat 2012 Registration Form

Please print clearly

**Please note:** Those who have an established meditation practice are welcome to apply to attend all or part of this retreat. With apologies, this year we are not able to accept people who are new to practice during this retreat, as the monastic community currently does not have the means needed to help beginners take advantage of such a retreat opportunity.

Name: _____	Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male (for housing allocation only)
Mailing Address: Street _____ City _____ State _____ Zip _____	Date of Birth: _____ Phone: (        ) – (        ) E-mail: _____
<b>Arrival Details:</b> <i>(if you wish to stay longer than two weeks, please write a letter to us to express your motivation and previous experience beforehand.)</i>	
Arrival Date: _____ (Sunday)    Time: _____	
Departure Date: _____ (Sunday)    Time: _____	
<b>Emergency Contact Person</b>	
Name: _____ Relationship: _____	
Email: _____ Phone: (        ) – (        )	
How long have you been actively studying and practicing the Buddhistharmas? Briefly describe your Buddhist background and practice.	
List any special dietary needs, any physical injuries, allergies, or other conditions that we should know about?	
If you have been convicted of a felony, please state the date, location, and explain briefly.	

**Cost:** There is no charge for the Winter Retreat. Contribution to cover food, lodging, utilities, & support the MABA monastery are most welcome.

**Liability waiver:**

The following signatures indicate that participants relieve MABA from all liabilities in the event of any injury or illness incurred while staying at MABA.

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Please mail the completed form to:

MABA "Winter Retreat",  
299 Heger Lane  
Augusta MO 63332

## **While at MABA, please follow**

### ***The Five Precepts***

1. Be kind to all living beings.
2. Respect the property of others.
3. Refrain from any form of implicit or explicit sexual behavior.
4. Always speak truthfully, wisely, kindly, and at appropriate times.
5. Refrain from the use of intoxicants, such as alcohol, recreational drugs, tobacco, etc..

### **In addition**

- Please show respect for the environment and conserve energies by turning off lights, water, heat or AC, etc. when not in use.
- Please refrain from making calls.
- Attend all meditation, chanting, study and work sessions, meals, etc., arriving on time and staying until the end.

### ***What to Bring***

Bedding: warm sleeping bag, bed sheets, pillow and blanket

Flashlight

Alarm clock

Loose fitting clothing, warm clothing (for cold weather)

Umbrella and footwear for cold and rainy weather

Slip-on shoes that can be easily removed for entering Meditation Hall building and dormitory

Towels and toiletries (toothbrush, hand lotion, deodorant, etc.)

Medicines taken with a doctor's prescription

Trips into town discouraged, so please bring any items that you know that you will need.

*Please lock valuables in your car, MABA is not responsible for lost or stolen items.*

### ***What Not to Bring***

Pets

Alcohol, cigarettes, illegal drugs

Cell phones

Computers, CD players, radios, etc.

Decorative jewelry or make-up

Perfumes, after-shave, or strongly scented lotions