

10-Day Meditation Retreat Admission GUIDELINES

To uphold a good retreat quality,
Please read the following guidelines carefully before you fill out the application

1. Applicants must be 18 or older, and can behave independently.
2. One who is healthy with right faith and right view, and genuinely interested in learning meditation.
3. During the retreat, all participants will be observing “Noble Silence” and “Eight Precepts (except for those who are suffering from a certain healthy issue)”.
4. Keep your movement slow and mindful to prevent from disturbing others ◦
5. No telephone is allowed, so please inform your family members and friends
6. If there is any reason you cannot attend after you have sent in your application, please let us know early.
7. Should you break any rule during the time attending the meditation, we may request you to leave.
8. Please bring your own sleeping bag and all you need for your personal use. Bring light and comfortable clothing for meditation. (fabric would not make a lot of noise, do not wear skirts or shorts); we suggest that you wear shoes without shoelaces for the convenience of entering and existing the halls ◦
9. CYM is situated on higher ground, the morning and evenings can be quite cool. Please dress warm and make sure you bring your jacket, hat and scarf.
10. Don't bring any valuable articles as we will not be responsible for any loss.
11. Meditation will be instructed in bilingual (English/Chinese), previous meditation experience is not required.
12. To prevent from disturbing the practice of others, please don't bring your children to the monastery if they can't maintain “Noble Silence” or sit quietly in the Dhamma Hall.
13. Please park your vehicle to the parking lot behind the Great Buddha Hall if you will be driving to the monastery.

For Sublime Abidings Meditation

Date: 3/28/2010 (Sunday) ~4/1 (Thursday)

Registration: 3/27/2010 (Saturday) 1:00pm Registration, 3:00pm Orientation 7:00pm Instruction

Vipassana Meditation

Date: 4/2/2010 (Friday) ~4/6 (Tuesday)

Registration: 4/1/2010 (Thursday) 6:00 Registration 8:00pm Orientation & Instruction (Kuan Yin Hall)

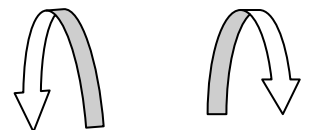
Application: 1. Fax the application form to 845-228-4283. Bring in the original copy when register.
2. Mail the application form. Please specify “10 days meditation retreat” on the envelope.
【The dateline is March 23rd】 Please register as soon as possible for us to arrange your accommodation , meal, and other related matters in the monastery.

Fee: Chuang Yen Monastery is run on the basis of donation. It welcomes your donation to help cover its costs for hosting this retreat. A donation is welcome when participants register on the first day, or at the end of the retreat. All offering to the Buddha and Sangha are welcome. ◦

※If you will sponsor a vegetarian meal, please let us know before the retreat.

Arahant Meal \$100 ◦	Fortune Meal \$200 ◦	Auspiciousness Meal \$300
Wisdom & Compassion Meal \$400、	Triple Gem Meal \$500、	Peace Meal (\$any amount)

※If you are unable to participate, we welcome your joyfully engagement and merit sharing by sponsoring this retreat, or making offering to the Buddha and Sangha.
Please make the check payable to B.A.U.S.



※All the donation are tax-deductible, send the check to: 2020 Route 301, Carmel, NY 10512.
Please note “10 day meditation retreat” on the bottom of the check.

For more information, please contact Sunandi (845)228-4288, ext 104 or cym@baus.org

Application Form

BAUS Chuang Yen Monastery

2020 Route 301, Carmel, NY 10512

Tel:845-228-4288 Fax:845-228-4283 Email:cym@baus.org

10-Day Meditation Retreat Application Form

3/28/2010 ~ 4/6/2010

Attach
your
photo
here

Name:	
Address :	
語 言 : 中文 : <input type="checkbox"/> 聽Listening <input type="checkbox"/> 說Speaking <input type="checkbox"/> 讀Reading <input type="checkbox"/> 寫Writing	Language: English : <input type="checkbox"/> Listening <input type="checkbox"/> Speaking <input type="checkbox"/> Reading <input type="checkbox"/> Writing
Phone Number : Home : ()	Cell : ()
Email Address:	
Date of Birth :	Highest Education :
Gender : <input type="checkbox"/> Male <input type="checkbox"/> Female	Occupation :
I can attend : <input type="checkbox"/> 10 Days <input type="checkbox"/> Four Sublime Abidings Meditation, From _____ to _____ <input type="checkbox"/> Vipassana Meditation, From _____ to _____	

※Please describe any health related problem ? Such as Diabetes, hypertension, epilepsy, ulcers, etc., or any infectious diseases: pneumonia, pulmonary tuberculosis, typhoid etc., or external injury, surgery, bone fractures, etc...

No Yes (Please describe) _____

※Do you have, or have you ever suffered from anxiety, panic attacks, manic depression, mental illness, etc. ?

No Yes (Please describe) _____

※Medicine or foods you are allergic to are:

No Yes _____

※You snore ? No Yes

※Please provide any other information to take into consideration : _____

※Have you ever practiced meditation before ?

No Yes(Instructors : _____)

※Have you ever participated a meditation retreat that is over 3 days ?

No Yes (Place : _____)

I will take train from Metro North Grand Central 11:45pm to Cold Spring 1:02pm

(We will provide transportation from Cold Spring train station to Chuang Yen Monastery on March 27, **1:02pm**)

I will take train from Metro North Grand Central 4:45pm to Cold Spring 5:56pm

(We will provide transportation from Cold Spring train station to Chuang Yen Monastery on April 1, **5:56pm**)

******* Please assembly at the parking lot. The van will absolutely leave on time *******

Emergency Contact Name : (if your contact's name is Chinese, please also give the Chinese characters for it)

Chinese: _____ Tel, Day: _____

English: _____ Evening: _____

Relation: _____ Cell: _____

Waiver of liability: It is fully understood that BAUS and/or Chuang Yen Monastery cannot be sued if any personal illness and/or injury is suffered during the retreat or if any property is damaged, lost, or stolen while a participant is at the retreat.

Signature : _____

Date : _____