

2017 REGISTRATION FORM

The online registration and release forms are available on our website: www.insightsantacruz.org. When we receive your \$300 deposit in the mail, we will email you to confirm your retreat spot. Once all spots are filled we'll start a wait list. Wait list spots are also secured when we receive your \$300 deposit. Please mail deposit checks to:

Betsy Blessing
791 30th Ave, Santa Cruz, CA 95062
(Make checks out to Insight Santa Cruz)

Name: _____

Gender: _____

Address: _____

Phone: _____

E-mail: _____

Person to notify in case of emergency:

Name: _____

Relationship: _____

Phone: _____

Every effort will be made to honor housing requests. Please indicate a first and a second choice.

Single Room: **\$935**

Double Room: **\$705**

Shared Room, 3 or more: **\$620**

Single Yurt: **\$775**

Double Yurt: **\$560**

Tent Platform: **\$555**

First Choice: _____

Second Choice: _____

Check here if you need financial assistance to attend this retreat. All scholarship applicants will be asked to pay a \$300 minimum to attend.

Please indicate the level of assistance needed:

\$100 \$200 \$300

Would you like to request a bottom bunk for physical reasons? Yes No

Do you know that you are a snorer? Yes No

Do you have health related issues that might affect your ability to participate in sitting, walking, or working meditation during your retreat? Yes No
If yes, please explain: _____

Please list any medications currently being taken: _____

Are you in psychotherapy? Yes No

Does your therapist know you will be at this retreat? Yes No

Have you ever been seriously depressed or had a serious psychological breakdown? Yes No

If yes, please explain: _____

Do you have food allergies or special food needs? _____

Please list previous retreat experience: _____

If mailing this form, use additional pages as necessary. PLEASE WRITE CLEARLY.



Cultivating Wisdom and Compassion

An Insight Meditation Retreat

May 24–29, 2017

Land of the
Medicine Buddha
5800 Prescott Rd, Soquel

The retreat will begin Wednesday
May 24th and will end Monday
May 29th after lunch

TEACHERS

Bob Stahl
Kim Allen

QIGONG

Marcy Reynolds

This traditional insight meditation retreat will offer silent periods of sitting and walking meditation as well group and individual practice discussions.

Teachers will also offer daily talks and systematic meditation instructions that are embedded with the spirit of lovingkindness. These teachings and practices will emphasize quieting the mind, opening the heart, and developing clarity and depth of practice.

This retreat is suitable for anyone wishing to deepen their practice and cultivate further understanding Insight Meditation.



Insight Santa Cruz
A BUDDHIST MEDITATION COMMUNITY



Cultivating Wisdom and Compassion

THE TEACHERS

BOB STAHL has founded eight Mindfulness-Based Stress Reduction (MBSR) programs in medical centers in the SF Bay Area and is currently offering programs at Dominican Hospital, El Camino Hospitals in Los Gatos and Mt. View, and Good Samaritan Hospital. He serves as a Senior Teacher for Oasis Institute for Mindfulness-Based Professional Education and Training at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School. Bob teaches MBSR Teacher Trainings and Insight Meditation retreats worldwide and is the guiding teacher at Insight Santa Cruz and a visiting teacher at Spirit Rock. He is coauthor of 5 books: *A Mindfulness-Based Stress Reduction Workbook*, *Living With Your Heart Wide Open*, *Calming the Rush of Panic*, *A Mindfulness-Based Stress Reduction Workbook for Anxiety*, and *MBSR Everyday*.

KIM ALLEN has been practicing Insight meditation since 2003 and joined the ISC Teacher's Council in 2015. She has spent cumulative two years in silent retreat, and lived for another two years at the Insight Retreat Center. Her teachers include Gil Fronsdal and Joseph Goldstein, and she has completed the Sati Center's Buddhist Chaplaincy training and a teacher training with Bob Stahl.

MARCY REYNOLDS has been a member of the teachers' council since 2006. She has a strong Qigong practice and has studied with a number of Chinese and American Qigong Masters. Marcy has taught Qigong since 1997 in Santa Cruz and the southern SF Bay area.

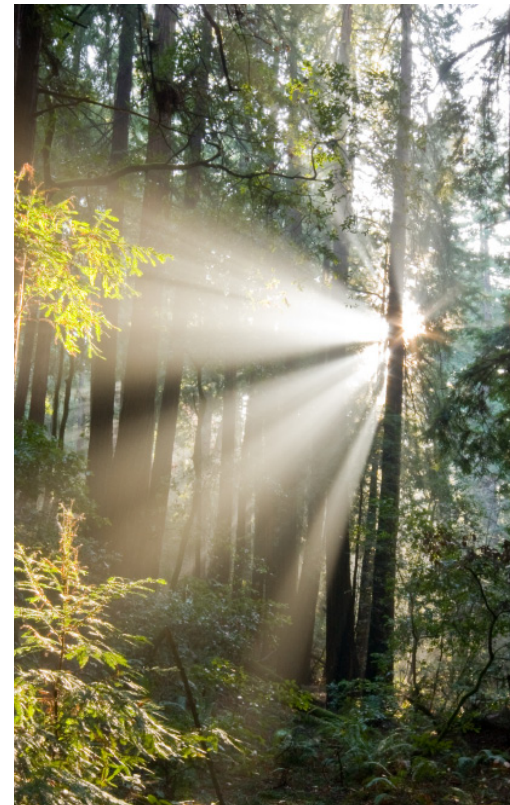


DANA: GENEROSITY

Dana (generosity) is an integral part of our spiritual practice. Dana is the practice of developing many beautiful qualities of the heart—lovingkindness, gratitude, compassion and letting go—that enable us to live with more inner and outer happiness.

Because the teachings of the Buddha are considered priceless, they have traditionally been offered freely and out of a spirit of dana. It is through the practice of dana on the part of the teachers and the students that the teachings of the Buddha have continued to flourish for more than 2,500 years.

At the end of the retreat, students who appreciate the benefits they have received and wish to support the teachers' continued dharma work will have the opportunity to practice dana by offering voluntary donations.



SCHOLARSHIP FUND

Contributions to the scholarship fund helps others to participate in the retreat and deepen their dharma practice.

I would like to contribute

\$20 \$50 \$100 \$500

to the scholarship fund

Enclosed is my separate check.

(Please write "scholarship" in the memo line)

QUESTIONS

Please contact retreat@insightsantacruz.org

Information and release forms can be downloaded from our website: www.insightsantacruz.org