

Springs Mountain Sangha

## Lit by a Star Retreat

December 8 (7-9:00PM)  
December 9 (9:00 AM -5:00 PM)

Creek Bend Zendo with Sarah Bender Roshi

### REGISTRATION

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

If you are planning to attend part-time, please indicate specific arrival and departure times. If these change, it is important to notify the registrar *before* the retreat begins \_\_\_\_\_

**Medical & Health Considerations:** Remembering that this retreat takes place for several days in an isolated setting, you need to be responsible for any medications that you take. We will do our best to accommodate food allergies, if we know about them well in advance. You are encouraged to share with the leaders anything you would like them to know in regard to allergies, medical or psychological difficulties, or unusual life stresses. You may be assured that this information will be kept in confidence.

**Cost:** \$85 Please make checks out to Springs Mountain Sangha  
(scholarships are available)

**Deadline:** Tuesday November 28

**Registrar:** Liz Cramer [elizabeth.cramer51@gmail.com](mailto:elizabeth.cramer51@gmail.com) or (719) 659-3608

**Emergency Contact:** \_\_\_\_\_ Phone \_\_\_\_\_

**Personal Statement:** *I understand that a Zen Meditation Retreat can be intensive and demanding to body and mind. I agree to notify the head of practice if I am going to be absent at any time during the retreat.*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature