

2015 Autumn Retreat  
The Abbey, Cañon City  
Sarah Bender, Sensei  
Springs Mountain Sangha  
October 14-18  
**REGISTRATION**

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

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

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

**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. Also, if you have not yet attended one of our retreats, we will put you in contact with one of our teachers for a brief conversation.

Please note any food allergies \_\_\_\_\_

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

**Cost:** the fee for this retreat is \$450. Fee for part time attendance is \$100/day. If you need financial assistance please contact the registrar. Deposit: \$150

**Deadline for registration:** October 1<sup>st</sup>.

**Registration:** send your registration form and deposit to Steve Milligan, Retreat Registrar, 332 East Del Norte, Colorado Springs CO 80907. Any questions can also be sent to [steve\\_milligan08@comcast.net](mailto:steve_milligan08@comcast.net) or call 719 633-5925.

**Registration policies:** The registrar must receive the registration form and deposit by the deadline unless prior arrangements have been made. Registration fee is non-refundable. Remainder of fee must be paid by the first day of the retreat. Both registration deposit and retreat fees may also be paid through PayPal via our website [www.smszen.org](http://www.smszen.org) Make checks out to Springs Mountain Sangha.

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 \_\_\_\_\_

