

**Organized Self-Retreat for Experienced Meditators  
October 16 - 21, 2018 at Sea to Sky Retreat Centre  
Registration Form**

Mail or deliver this form with

- full registration fee, \$525 (Canadian funds) or \$425 (US funds), payable to Vipassana Metta Vancouver or
- \$200 deposit now with additional post-dated cheque (dated September 1) for remaining \$325 (CAD) or \$225 (US).

Mailing address: Vipassana Metta Vancouver, #310 – 2655 Cranberry Drive, Vancouver, BC, V6K 4V5

Name \_\_\_\_\_ Tel (home) \_\_\_\_\_

Address \_\_\_\_\_ Tel (cell phone) \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

E-Mail \_\_\_\_\_ (please PRINT mindfully)

(Email meditation@islandnet.com if you prefer to pay by e-transfer and wish the security information.)

Please list prior meditation retreat experience: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Are you able to arrive early (1 pm arrival day) to assist with check in and set up? Yes \_\_\_ No \_\_\_

Male / Female? \_\_\_ Your age? \_\_\_ Do you wish single occupancy? Yes \_\_\_ No \_\_\_ No preference \_\_\_

Do you prefer double occupancy in one of the retreat cabins? Yes \_\_\_ No \_\_\_

Roommate preference? \_\_\_\_\_

Any medical or mobility considerations (please specify): \_\_\_\_\_

Any allergies / dietary considerations (please specify): \_\_\_\_\_

Are you planning to drive to the retreat? Yes \_\_\_ No \_\_\_

Can you offer a ride? Yes \_\_\_ No \_\_\_\_\_. If Yes, from where? \_\_\_\_\_ For how many? \_\_\_\_\_

If driving and you have already made arrangements, who will you be bringing? \_\_\_\_\_

Do you need a ride to and from the retreat? Yes \_\_\_ No \_\_\_\_\_. If we are unable to find you a ride or if you prefer to travel by bus, you will need to be on the 1:40 pm Pacific Coach bus from downtown Vancouver to Squamish.

- On arrival day, we will arrange rides into the centre on the one-way SSRC road for passengers on the 1:40 pm bus from Vancouver (1:00 pm from YVR), arriving at the Squamish Adventure Centre (bus stop) at 3:10 pm. On the final day, we will arrange return bus rides from SSRC to the Squamish Adventure Centre in time for the 1:15 pm bus to Vancouver (2:50 pm arrival downtown Vancouver; 3:30 pm arrival YVR).

For further information: contact the registrar, Linda McDonald, at Linda@westcoastdharma.org or 604.731.5469.

**Assumption of Risk and Release.** Please read carefully before signing.

I assume all risk of damage or injury that may occur to me while practicing meditation at the Vipassana Metta Vancouver meditation retreat and while moving about the facility at which the retreat is held. In consideration of being accepted as a retreatant for this meditation retreat, I release and discharge Vipassana Metta Vancouver, and its agents, from all claims resulting from my participation in the meditation retreat.

I have read and understand this assumption of risk and release on

\_\_\_\_\_ (date) \_\_\_\_\_ (signature).