

**Vipassana Retreat with Michele McDonald and Linda McDonald - November 4 to 10, 2010**

**Registration Form**

Mail or deliver this form with

- full registration fee of \$565 (Canadian funds), payable to *Vipassana Metta Vancouver*; or
- a \$200 deposit and a post-dated cheque (dated October 1, 2010) for the remaining \$365.

Mailing address: *Vipassana Metta Vancouver, #2 - 2224 Larch Street, Vancouver, BC, V6K 3P7*

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

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

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

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

I would be willing to help with the retreat (e.g., by arriving early to help set up the retreat, by providing or purchasing flowers, by helping transport retreat supplies, by helping with clean up at retreat end, etc.).

Yes \_\_\_ No \_\_\_ My preference would be to help by \_\_\_\_\_

Male / Female? \_\_\_ Your age? \_\_\_ Roommate preference \_\_\_\_\_

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

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

Do you need a ride? \_\_\_Yes \_\_\_ No

- If you indicate yes, we will do our best to find you a ride.
- If we can't, you will need to travel by Greyhound bus, on the 1 pm bus from Vancouver on arrival day. We will arrange rides into the centre on the one-way SSR road for the bus passengers arriving at the Pinecrest highway turnoff on arrival day. We will also arrange rides for the bus passengers from the centre to the North Squamish bus depot in time for the 2:35 pm return bus to Vancouver on Wednesday, November 10th. More bus and ticketing information is available on the VMV website.

Would you prefer to travel by greyhound bus? \_\_\_Yes \_\_\_ No

Are you driving to the retreat? \* \_\_\_Yes \_\_\_ No

\*Please note: Since the retreat is after November 1, snow tires and/or chains is required by law for the Sea to Sky highway.

- Are you able to offer a ride? \_\_\_Yes \_\_\_ No. If Yes, from where? \_\_\_\_\_ For how many passengers? \_\_\_\_\_
- If you are driving and have already made arrangements for passengers, who will you be bringing?  
\_\_\_\_\_

Further information: contact Marsha, the retreat registrar, at *meditation@islandnet.com* or 604.731.5439.

**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)