**Subang Jaya Buddhist Association**

Lot PT 12593, Jalan Kewajipan, SS13, 47500 Subang Jaya

E-mail: Office@sjba.org

**Vipassana Meditation Retreat Registration Form**

**At Chin Swee Temple, Genting from April 14th to 22nd 2018**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_Race/Citizenship: \_\_\_\_\_\_\_

Occupation: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sex: Male Female

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Marital Status: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ NRIC No: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contacted by WhatsApp Yes No Transportation: by Bus Own

 (For 5 days retreat only)

Emergency Contact:

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Interview: English Mandarin

Tel. contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 **9 Days Retreat (14th-22nd Apr) 5 Days Retreat (14th-18th Apr)**

Room: Single (RM990) Twin Sharing (RM900) Single (RM540) Twin Sharing (RM480) *(No Bus service provided for 9 days Retreat, Yogis need to arrange own car pool)*

1. Purpose of attending this meditation retreat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Have you attended any **Vipassana** meditation retreat **in the last 3 years**? No Yes
3. If YES, (**only answer for the last 3 years experiences**)

(a) indicate the number of Vipassana Retreats attended 1-5 6-10 >10

(b) Longest duration Vipassana Retreat attended Nos of day: \_\_\_ Year: \_\_\_\_\_\_\_\_\_\_

(c) Vipassana Teachers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(d) Self/Group Practice Daily Weekly Monthly Occasionally None

(e) Normal duration of Sitting: \_\_\_\_\_\_Minutes and Walking: \_\_\_\_\_\_\_Minutes

1. If you have any experience in other meditation practice, please state the type of Meditation:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Sources of meditation knowledge, guidance and instructions (you may tick more than one)

 Teachers, Books, Internet , YouTube \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Medical conditions and Physical Illnesses that will impede your meditation practice

Do you have any previous history or are you presently afflicted by the above-mentioned?

If YES, please furnish details: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Below are the rules and regulations to be strictly adhered to ensure conducive practising conditions and environment for the benefits of all yogis. Kindly read and take note before signing up as the Organising Committee will enforce these rules during the retreat.

1. Yogis MUST observe NOBLE SILENCE at all time during the retreat.
2. Yogis are not allowed to bring their mobile phone to the meditation hall.
3. Yogis must understand clearly and observed the nine precepts.
4. Yogis must take the practice seriously and respectfully.
5. Yogis must practice according to the instructions given by the meditation teacher.
6. Yogis are required to follow the retreat program and be punctual for the practice.
7. Any form of physical exercise in the meditation hall which cause disruption to the continuity of the practice of mindfulness should be avoided.
8. Reading of any material and Dhamma books are not allowed because it can trigger off thinking during the practice.
9. When the room and bus arrangement lists are finalized, request for change of room and bus will not be accepted unless it is absolutely necessary.
10. Briefing on the FIRST day of retreat at Goh Tong mediation hall tentatively at 10 am is compulsory by attendance. (A gentle reminder for those who are traveling by own transport).

DECLARATION

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_NRIC No. : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_will be

attending this Meditation Retreat from \_\_\_\_\_\_\_\_\_\_\_\_to \_\_\_\_\_\_\_\_\_\_\_\_(both dates inclusive)

with the amount of contribution RM: \_\_\_\_\_\_

I shall not hold the organizing Committee of Meditation Retreat or the Meditation Teacher(s)

responsible for any injury whether mental or physical incurred during or after attending this Meditation Retreat.

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes:

* DO NOT BRING VALUABLES TO THE RETREAT
* Confirmation of place is subject to payment (non-refundable)
* **You can make Online payment to Subang Jaya Buddhist Association CIMB A/C account nos:8003294666. Please submit Online banking receipt via email to** **office@sjba.org****, or WhatsApp to (Sis Lily) 016-3379086**