

Open Heart, Open Mind Meditation Retreat
Rocklyn, Victoria
4th – 11th May, 2012

The course fee is **\$580.00**, (camping **\$510.00**) with a minimum deposit of **\$150.00** required to confirm your booking. If possible please prepay the full amount.

Cheques or money orders to be made payable to **Melbourne Insight Meditation Group** and the mailing address is available on request by email or phone.

Or direct deposit:

Bank: **Westpac** Account Name: **Melbourne Insight Meditation Group**

BSB: **033086** Account Number: **355486**

Please specify “May Retreat” and include your name

Once your payment is made, please email the following to insightretreats-at-hotmail.com (replace –at- with @)

1. Your full name and address
2. Date of payment
3. Method of payment (cheque, money order or direct debit)
4. Amount paid

Or call 0450 522 831/ 0405 067 827 providing the above details.

When your Registration Form and deposit or full payment is received, a confirmation letter will be sent to you with practical details, such as how to reach the venue and what to bring.

Were the course to be full, you will be notified and your name will be placed on a waiting list. You would then be contacted as soon as a place is available. Early registration and payment is suggested, as places are limited.

Cancellation less than 7 days prior to the retreat will mean a loss of deposit.

If you require an additional form for a friend, please copy this form.

Please arrange work and personal commitments in order to stay on the retreat grounds for the full duration of the retreat.

Thank you,
Catherine Lilliehook

Retreat Registrar
0450 522 831 or 0405 067 827

Registration
Open Heart, Open Mind Meditation Retreat
4th – 11th May 2012

Name: _____

Address: _____

_____ Post Code _____

Phone: Home: 0 _____

Mobile: 0 _____

Email: _____

**Do you want to be included on the email list for future Insight retreats and workshops with
Insight Meditation Australia teachers. Yes No (please circle)**

How did you hear about this retreat: _____

In case of an emergency during the retreat who would you like us to contact:		
Name		
Relationship		
Phone contacts		

Personal Requirements:	
Standard Vegetarian Menu	
Any special needs.	

PARTICIPANT QUESTIONNAIRE:

Open Heart, Open Mind Meditation Retreat
4th - 11th May 2012

Confidential - (for Teachers and managers only).

Name: (please print and underline preferred name)

Life Situation/occupation:

Age: _____

Current Meditation Practice (if any):

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.....

Previous courses with Subhana and Carol

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.....
.....

Previous Meditation: Retreats or related practices

Please state Tradition(s) Teacher(s) Year Length

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.....
.....
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.....

Current Issues that may make meditation difficult for you at this time:

Physical

Mental / Emotional

Spiritual

Many meditators are on a healing journey. On meditation retreats individuals may experience strong physical and psychological states. Please answer all the following questions so we can care for you appropriately.

Do you have any current or previous:

* drug (including alcohol) abuse or addiction issues

Yes/No/Past/Current

* diagnosis or treatment of a mental illness (psychological or psychiatric)...Yes/No/Past/Current

* medical conditions that could require attention during the retreat.....

Yes/No/Past/Current

If yes, please write in the details below

CONFIDENTIAL INFORMATION - FOR TEACHERS / Managers ONLY

If you answered "Yes" on previous page please give further information of your conditions:

- Are your symptoms currently well controlled?Yes/ No
- Do you currently drink alcohol on a regular basis?Yes/ No
- If so, have you ever had any problems abruptly stopping alcohol usage?.....Yes/ No
- Do you currently use recreational drugs (e.g. marijuana, amphetamine, ecstasy)?..... Yes/ No
- If so, are you able to abstain from all recreational drugs during your retreat?.....Yes/ No
- Have you ever made a serious attempt at taking your life?Yes/ No
- Do you have a history of emotional instability during intensive meditation retreats?
 ...Yes/ No
- How do you assess your current ability to work with emotional swings?

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- Any condition that might interfere with sitting and walking meditation?.....Yes/ No
 - Any limitations that prevent you from participating in the daily work period?Yes No
 - Are you currently taking any prescription medications for physical or psychological conditions?..... Yes No

If so, please list each medication and daily dosage, as well as the condition it is being used to treat below:

Condition	Current Effect on Daily Life	Treatment Including medications.	Hospital admissions	Current Doctors or Therapists Name & address

Do you have first aid training and would you be willing to be available on retreat?

By signing my name below, I confirm that all of the above information is correct to the best of my knowledge. I will inform the teachers/managers of any change in my circumstances.

Name (please print): _____

Signature: _____ Date: ____/____/____