**SHINE & SHADOW - A Summer Meditation Retreat**

Wet Mountain Sangha

Center for Inner Peace

740 W. 15th St. Pueblo, CO

Andrew Palmer, Sensei

July 9-12 2014

**REGISTRATION**

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

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

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

If you are planning to attend part-time, please indicate specific arrival and departure times.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Medical & Health Considerations:** 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. This information will be kept in confidence.

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.***

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Date Signature

**Cost:** The fee for this retreat is $175 and includes meals. Fee for part-time attendance: Thurs, Fri $75 each, Sat $50. If you need financial assistance please contact the Registrar.

**Deadline for registration:** July 1, unless prior arrangements have been made.

**Registration:** Send your registration form, with payment made out to Wet Mountain Sangha, to: Diane Mesner, Retreat Registrar, 3820 Carlile Ave. Pueblo, CO 81005. Any questions or for lodging assistance, contact [mesner3da@hotmail.com](mailto:mesner3da@hotmail.com) or call 719-248-4285.