

## REGISTRATION FOR DONALD ROTHBERG RETREAT ATTENDANCE MAY 1<sup>st</sup>-3<sup>rd</sup>

Vipassana Retreats are of the Theravada tradition. Forest monks of Thailand and Sri Lanka spent time alone watching the mind until the mind became quiet and until insight into the true nature of reality arose. This is the foundation of current retreats. Noble silence is maintained during the length of the retreat. In support of this, all personal obligations should be taken care of prior to arrival so that communication with the outside world can be kept at a minimum. We ask you to refrain from using telephones, cell phones, computers and sending or receiving email or text messages. The majority of time is devoted to sitting and walking meditation. There will be a daily dharma talk. At certain periods during the retreat, individuals will be scheduled to meet with a teacher for private discussion. We ask that you abide by the five traditional Buddhist precepts for lay practitioners while at the retreat. They are:

1. I undertake the training to refrain from harming living creatures. I undertake the training to practice compassionate action.
2. I undertake the training to refrain from taking that which is not given. I undertake the training to practice contentment.
3. I undertake the training to refrain from sexual activity. I undertake the training to practice mindfulness in all my relationships.
4. I undertake the training to refrain from harmful speech. I undertake the training to practice noble silence.
5. I undertake the training to refrain from the use of intoxicants. I undertake the training to care for my mind and body.

**Please fill out the information below and return this form, the Teacher's Questionnaire, and \$185 registration fee to: Mindful Heart Buddha Sangha, 600 N. Weinbach Ave., Suite 960, Evansville, Indiana 47711**

If you have a home Sangha, please list its name, city and state:

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Please list any food allergies:

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Please list a person's name and phone numbers whom we may contact in the case of an emergency:

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Signature

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Printed Name

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Email address

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Address

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Telephone

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Date

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