

# FOURTH NONA INTENSIVE PRACTICE RETREAT

August 3-August 9, 2012 (6 nights)

Frog Creek Lodge  
15003 64<sup>th</sup> St., KPN  
Lakebay, WA 98349

COST: \$550 PLUS DONATION (DANA) TO TEACHERS AT THE END OF RETREAT

**By applying to this retreat, you are agreeing** to attend the entire retreat and will arrive on the day the retreat opens. You are also agreeing to pay the following cancellation fees. Cancellation fees: \$25 before May 31; \$75 June 1-15; \$150 July 1-15; \$250 July 22; **NO REFUNDS** after July 22. [To cancel, call **206-356-7405** or email [seattlebuddhist@hotmail.com](mailto:seattlebuddhist@hotmail.com) with RETREAT CANCELLATION in subject line. ]

Name:				
Address:				
City:		State:	Zip:	*Email:
Phone: [W]		Phone: [H]		Date of Birth:
EMERGENCY CONTACT:				
Name:				
Phone:		Relationship:		

\*We will send your acceptance/confirmation letter to this email address. Make sure it is legible and correct.

## Accommodations Information:

<input checked="" type="checkbox"/>   Mark with <b>X</b> if yes
This is my first residential retreat.
Male
Female
List any medical or special needs or limitations you would like us to know about.

<b>Deferred Payment:</b> Please send in a <b>deposit</b> with this registration form in the amount of <b>\$50</b> to hold your spot.
I would like to set up a deferred payment plan. I will pay \$_____ per month until the total retreat fee is paid, with the understanding that the total amount must be paid in full by July 22, 2011.

I will need assistance in arranging transportation from the airport (SEA) to Frog Creek Lodge.
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**Scholarship Donation:** I would like to make a tax-deductible donation to the scholarship fund in the amount of \$\_\_\_\_\_.

Please send this form with your payment to:  
Registrar, Seattle Choeizan Enkyōji Nichiren Buddhist Temple  
501 South Jackson #202  
Seattle, WA 98104

## RETURN WITH RESERVATION FORM

Dear Participants:

Choeizan Enkyōji and the Nichiren Order of North America [hereafter, NONA] are founded on the principles and teachings of the Dharma for the liberation of all beings. It is our goal to offer those teachings as freely as possible and with the greatest possible access to them. However, Choeizan Enkyōji or NONA exist in the world of modern America, which can include the possibility of claims and litigation against Choeizan Enkyōji or NONA for what can occur during events. Such claims and litigation when made needlessly or frivolously would be a costly and time-consuming process that could eventually threaten the continued viability of Choeizan Enkyōji or NONA and our ability to offer access to the Dharma. Thus, we ask that you read and sign this waiver of liability. By signing it, you will be indicating that you understand that you play a role in protecting the Choeizan Enkyōji or NONA from litigation.

With metta, Seattle Choeizan Enkyōji Nichiren Buddhist Temple and the Nichiren Order of North America

### **VOLUNTARY PARTICIPATION**

I acknowledge that I have voluntarily applied to participate in the Fourth Weeklong Intensive Practice Retreat from Friday, August 3 through Thursday, August 9, 2012 referred to below as “this event”, at the premises of the Frog Creek Lodge, 15003 64th St., KPN, Lakebay, WA 98349

### **ASSUMPTION OF RISK**

1. I am aware that participating in this event may involve strenuous physical activities such as work meditation, yoga, or movement classes, as well as risks associated with hiking in the rural setting, including contact with poison oak and wildlife. I am also aware that this is an intensive practice retreat which includes various forms of meditation, and that participants in such retreats may experience intense and unusual psychological, spiritual, and/or physical states of mind and body arising from intensive practice and associated retreat activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risks of harm that may result from these activities.

### **RELEASE**

2. As consideration for being permitted by Choeizan Enkyōji or NONA or one of its affiliates to participate in these activities and use their facilities, I hereby agree that I, my assignees, heirs, distributees, guardians, and legal representatives will not make a claim against, sue or attach the property of Choeizan Enkyōji or NONA, its affiliates, employees, agents or volunteers or any of its affiliated organizations for injury or damage resulting from acts, howsoever caused, by any employee, agent, or contractor of Choeizan Enkyōji or NONA, or any of its affiliated organizations, as a result of my participation in this event, except when an employee, agent, or contractor of Choeizan Enkyōji or NONA or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed. I hereby release Choeizan Enkyōji or NONA and any of its affiliated organizations from all actions, claims or demands that I, my assigns, heirs, distributees, guardians, and legal representatives now have or may hereafter have for injury or damage resulting from my participation in this event, except when an employee, agent, or contractor of Choeizan Enkyōji or NONA or any of its affiliated organizations exhibits gross negligence or intentionally acts in a manner likely to lead to my being harmed.

### **DISPUTE RESOLUTION**

3. Any dispute arising out of participation in this event shall be resolved solely as follows.
  - a. If you have any claim, you shall first attempt to resolve any dispute by negotiation between the claimant and the Executive Director of Choeizan Enkyōji or NONA, or a designated agent of Choeizan Enkyōji or NONA. If you have a claim, you shall submit it (the “initial notice”) to the Executive Director of Choeizan Enkyōji or NONA in writing. Within 15 days after delivery of a written notice of a claim (the Executive Director or designee (“Choeizan Enkyōji or NONA”) will submit a written response to the claimant. Within 45 days after delivery of the initial notice, you and Choeizan Enkyōji or NONA shall meet at a mutually agreeable time at a mutually agreeable location in Harris County, Texas, to attempt to resolve the dispute. You and Choeizan Enkyōji or NONA shall continue to negotiate in person or by other means to resolve the dispute for up to 120 days after your initial notice.
  - b. If the dispute has not been resolved by negotiation as provided herein within 120 days after delivery of the initial notice of negotiation, you and Choeizan Enkyōji or NONA shall engage in mediation under the Center for Public Resources (“CPR”) Mediation Procedure ([www.cpradr.org](http://www.cpradr.org)). Three mediator candidates will be selected by Choeizan Enkyōji or NONA. You will select the acting mediator from the three mediator candidates. The mediation shall take place in Harris County, Texas, at a mutually agreeable location or, if we cannot agree, at a location designated by the mediator.
  - c. Any dispute which has not been resolved by such mediation within 120 days after appointment of a mediator shall be finally resolved by arbitration before a single arbitrator in Harris County, Texas, in accordance with the CPR Rules for Non-Administered Arbitration ([www.cpradr.org](http://www.cpradr.org)) and the Federal Arbitration Act.

**KNOWING AND VOLUNTARY EXECUTION: I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and a contract between myself and Choeizan Enkyōji or NONA Meditation Center and/or its affiliated organizations, and sign it of my own free will.**

Signed: \_\_\_\_\_ Printed: \_\_\_\_\_ Date: \_\_\_\_\_

## Retreat Guidelines

[PLEASE READ MINDFULLY]

Choeizan Enkyōji, along with the Nichiren Order of North America, is happy to welcome you to our intensive practice retreat at the Frog Creek Lodge. Retreats offer a sacred space, protected and removed from the world, intended to allow participants to quiet the mind and open the heart. Some of the most beneficial and rewarding experiences of spiritual life come from attending intensive practice retreats. The safety and container of a retreat help participants learn to embody patience, steadiness, loving kindness, generosity, and wisdom. Out of this grows the wisdom, compassion, and freedom that are natural to the heart. We believe we have created a schedule and found a suitable location (Frog Creek Lodge) designed to provide comfortable and sacred conditions. When attending a retreat, we ask that you arrive with a spirit of renunciation and simplicity. To foster this spirit of simplicity and letting go, we ask everyone participating in the retreat to undertake the following practices which are traditional to a Buddhist monastery:

1. **Residence:** Traditionally in the monastery, one takes whatever bed is offered. Frog Creek Lodge's accommodations consist of dormitories which will be assigned on the basis of gender. We ask participants to take the accommodation assigned and practice with whatever situation in which they find themselves, such as, if you are concerned about snoring, please bring ear plugs.
2. **Meals:** Collectively, we will carefully prepare tasty and nutritious vegetarian food. Except for allergies or serious medical needs (please make sure these needs are included on the registration form), the retreat practice is to take the food that is offered.
3. **Schedule:** A very important practice during the retreat is keeping the schedule. Please keep the schedule by being on time and attend all functions unless previous arrangements have been made with a instructor ahead of time.
4. **Intentional Living:** In fostering an atmosphere of contemplation, all members on this retreat commit to the general practice of living intentionally and mindfully during the retreat. As such, there will be specific periods and certain areas in which contemplative (mindful) silence is expected. Thus, we ask that you refrain from idle conversation and/or loud, boisterous behavior. This is especially important in your commitment to refrain from the use of electronics during the retreat: cell phones, MP3 players, IPODs, beeping watches (timers) and/or computers. An emergency number will be available for loved ones, friends and family to call if needed (check with a teacher). There will be talking during Dharma talks, interviews, question periods, and with staff and teachers. There will also be time periods for social conversation. If there are concerns that arise at any time, please talk to a teacher.
5. **Serving the Community:** In order to learn the art of mindfulness and for the retreat to properly function as a collaborative, everyone will participate in a daily period of simple work meditation. You will sign up for a work meditation in the morning of each day. Your service in the kitchen or in ringing bells, cleaning, and housekeeping is an important part of the training in mindfulness and generosity.
6. **Conflict Resolution:** It is expected that retreatants interact with each other as sangha members for the duration of the retreat, with the intention of creating and supporting a wonderful experience for all participants. In the event of conflict, we expect that the participants will endeavor to work this out on their own. Should they be unable to do so, we ask that a teacher be brought in to facilitate reconciliation.

By coming to the retreat, you join us in undertaking these practices and guidelines of renunciation, simplicity and mindfulness. This retreat is being run primarily by volunteers and teachers who hope to serve and work with you as best we can. We deeply value the benefits of meditation and retreat, and we are happy to share them with you.

We thank you for your participation and your sincerity.

With Gassho,

Your Retreat Teachers

By my signature affixed hereto, I agree that I have **read and understood** the intention and purpose of these retreat practices.

I agree to live in accord with these practices for the duration of the retreat.

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

Printed Name: \_\_\_\_\_

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