

ONE DAY MEDITATION RETREAT WITH BHANTE KASSAPA REGISTRATION FORM



Name: _____

Occupation: _____ Sex: Male / Female

Address: _____ Citizenship: _____

_____ Age: _____ Race: _____

_____ Marital Status: _____

E-mail: _____ NRIC No: _____

Contact No: _____

Donation RM: _____ Receipt Number: _____

NEXT OF KIN INFORMATION

Name: _____ Contact No: _____

Relationship: _____

MENTAL AND / OR PHYSICAL ILLNESS

Do you have a previous history or are you presently afflicted by any sort illness?
If YES, please state : _____

DECLARATION

I, _____ NRIC No: _____
will be attending this Meditation retreat on 19th July 2008 and declare that the above information is true and I shall not hold the BISDS organising committee of the meditation retreat or the meditation teacher (s) or the Buddhist Maha Vihara responsible for any injury whether mental or physical incurred during or after attending this mediation retreat.

Date: _____ Signature: _____

Rules & Regulations

- Retreat commences at SHARP 6.30AM. ASSEMBLE AT THE AUDITORIUM. Participants are required to be on time and strictly adhere to the time table and observe all the rules and regulations PERTAINING TO THE RETREAT.
- All participants, unless due to health problems, are required to observe the precepts and undertake to refrain from the following.
(1) Destroying living creatures, (2) Taking that which is not given, (3) Sexual activity, (4) Incorrect speech, (5) Intoxicating drinks and drugs, (6) Eating at inappropriate times & over eating (7) Dancing, singing, listening to music, (8) Wearing jewellery, beautifying the body with perfumes & cosmetics, (9) Sleeping (10) Accepting (money).
- NOBLE SILENCE – All participants are required to keep and maintain complete silence throughout the retreat at all times including whilst RESTING, EATING, CLEANING, WASH ROOMS and elsewhere within the retreat centre. NO private discussions among the participants are allowed during the meditation retreat. It is discouraged for the participants to mingle with outsiders, friends or relatives during the ONE DAY retreat.
- All mobile phones to be turned off. Smoking is NOT allowed.
- Only vegetarian food will be served. Allowable beverages are available throughout the day. Please advise the organizers in advance if you have any special dietary or medical needs.
- Participants are encouraged to bring your own Meditation cushions as the cushions provided by the vihara are not sufficient for all. Participants are encouraged to bring your own meditation cushions.
- Dress code IS FULL WHITE, loose clothing, long sleeve shirts/Blouse and pants for both sexes. Participants are NOT ALLOWED to wear shorts, tights or short skirts during the course of the retreat. STRICTLY NO COLOURED CLOTHES ARE ALLOWED.. Laundry is not allowed during the one day retreat.
- Please DO NOT bring valuables to the retreat, ORGANISERS WILL NOT BE RESPONSIBLE FOR ANY LOSS.
- The content of the retreat consists of meditation, Dhamma talks and interviews with the meditation teacher. All instructions and lectures will be conducted in English.



THINGS TO BRING

- Meditation Cushion
- Jacket/Shawl/Bath Towel – White Colour Only
(To keep your self warm) during the meditation sessions as the air condition is very cold.
- Medication If necessary
- Positive Attitude

