

**MANGALA VIHARA (BUDDHIST TEMPLE)**  
**VIPASSANA MEDITATION RETREAT**  
**WITH VENERABLE PANNYAVARO**  
30<sup>TH</sup> MAY TO 4<sup>TH</sup> JUNE 2005

**Registration form**

Name: \_\_\_\_\_ NRIC/Passport No.: \_\_\_\_\_

Date of birth: \_\_\_\_\_ Age: \_\_\_\_\_ Male/ Female

Occupation: \_\_\_\_\_ Religion: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Res. \_\_\_\_\_ Off. \_\_\_\_\_ HP

Email: \_\_\_\_\_

**Meditation Experience:**

- 1) How long have you been meditating? \_\_\_\_\_
- 2) How often do you meditate? \_\_\_\_\_
- 3) How long do you usually meditate for in one sitting? \_\_\_\_\_
- 4) Have you attended other meditation retreats? \_\_\_\_\_

**Medical History:**

- 1) Do you have any medical conditions? \_\_\_\_\_
- 2) If yes, Please State: \_\_\_\_\_

**Person to contact in case of need:**

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Tel: \_\_\_\_\_ Res. \_\_\_\_\_ Off. \_\_\_\_\_ HP

\_\_\_\_\_  
Signature

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

### **Guidelines for the Retreat:**

- 1) Participants are required to stay-in during the whole duration of the retreat and to observe all the guidelines pertaining.
- 2) All participants, unless due to health reasons are required to observe the 8 precepts (No, killing, stealing, sexual misconduct, lying, intoxication, solid food after noon, ornaments and entertainment, high luxurious bed and seats) and noble silence at all times.
- 3) Food – only vegetarian food will be served for breakfast and lunch.
- 4) Participants are required to wear appropriate attire, white colour tops and pants are preferred. The attire should be comfortable and decent. No shorts, tights and skirts please.
- 5) All participants are required to observe strict noble silence.
- 6) All hand phones and pagers should be turned off or set to silent mode.
- 7) Yogis are to carry out their daily activities mindfully, so as to maintain their practise and also to minimize disturbance to fellow yogis.
- 8) Yogis should keep their premises clean and tidy.
- 9) Cost fees: Voluntary. Donations to cover basic cost are most welcome.

### **What to bring along:**

- 1) Participants are advice to bring sufficient clothing for the retreat as cloth washing facilities are not adequate.
- 2) Toiletries for personal use.
- 3) Personal blanket/ pillow case/bed sheet and sleeping bag.
- 4) Water tumbler.
- 5) Please avoid bringing any valuable items.

Please advise us if you are unable to attend due to changes of circumstances as we would be arranging for caterers to provide the daily meals. We thank you for your interest and participation. We wish you every success in your cultivation and practise. May you be blessed with peace and happiness and may you grow in the Dharma. Sadu Sadu Sadu.

With Metta