A BEAUTIFUL COMMUNITY, A BEAUTIFUL LIFE

MINDFULNESS/MEDITATION RETREAT

 SEPTEMBER 23-25, 2016

REGISTRATION FORM

In conjunction with the Community of Mindful Living-UUFR, Michael Ciborski will facilitate a retreat at the Avila Retreat Center from Friday afternoon through lunch on Sunday. Avila is located at 711 Mason Rd., Durham, NC 27712, just over 30 miles from UUFR. Check-in time Friday afternoon is TBD; the retreat will conclude post-lunch on Sunday. All meals are vegetarian and are included, along with a double or single room, in the retreat cost. Linens and towels are provided.

 Further information regarding retreat guidelines, what to wear, etc. will be provided with the confirmation email once payment is received. The cost for the retreat is $165 for a double-room; $185 for a single room. Please note that single rooms will be assigned on a first-come, first-serve basis. At least half of the registration fee must be received to reserve your place; the remainder must be received no later than Sept. 8. If you reserve a space and cannot attend, a refund minus $10.00 will be sent if you cancel by September 8.

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

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

City/State/Zip Code: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Telephone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Experience, if any, with mindfulness and meditation? (please briefly explain):

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Would you like to receive the Five Mindfulness Trainings during this retreat? Yes\_\_\_\_\_ No\_\_\_\_\_ Uncertain\_\_\_\_\_ (See the Five MTs at our website in Retreat/Dom announcement::

[www.raleighmindfulness.org](http://www.raleighmindfulness.org))

Make your check payable to Gail O’Brien and mail it, along with your Registration Form, to

 2532 Ashley Court

 Raleigh, North Carolina 27607

Amount Sent: (Please check one)

 Retreat (Double Room) $165\_\_\_\_\_\_\_ $82.50\_\_\_\_\_\_\_

Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Roommate preference, if any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE NOTE: Your payment does NOT include Dana for Br. Michael; that will be collected during or at the end of the Retreat. THANK YOU for keeping this in mind and being as generous to Br. Michael as possible!!