

## Registration Packet

### **'The Many Dimensions of Annata'**

**Five-Day Non-Residential Retreat** – Offered by Taos Mountain Sangha – Out of town participants please see information on accommodation below.

**Dates: Sunday, March 25 to Friday, March 30 2012**

**Location: 'I Am That I Am' Meditation Center, 522 Paseo del Pueblo Norte at the corner of Paseo del Pueblo Norte and Theodora Street.**

**Cost:**     **\$130** non-refundable with deposit of \$65 due February 20 2012. Alternatively, you may submit the full cost of the retreat in one check, \$130, not later than March 1 2012. Please make your check out to Taos Mountain Sangha and mail to Bob Parker, Retreat Manager, PO Box 893, Taos, NM 87571

**Time:**     Beginning at 1:00PM on Sunday, March 25 and ending at about 2:00PM on Friday, March 30. The normal day will commence at 8:00AM and finish at 8:00PM.

**This retreat** is an opportunity for persons with previous experience and a practice to explore in depth, **'The Many Dimensions of Annata'**; for the transformation and liberation in our daily lives. Aspects of the Buddha's teaching will be offered in guided meditations, dharma talks and inquiry practices. The emphasis will be on practice that can be carried into our everyday lives; in addition to our foundational sitting practice, we will practice with additional aspects of 'body, speech, and mind'. While this will be a silent retreat, we will occasionally use verbal inquiry practices to deepen our understanding.



**Teacher** - Susie Harrington. Susie is from Moab, Utah and has offered many retreats, both in wilderness and residential settings and is an experienced Dhamma teacher of many years. She has studied with well-known teachers including Jack Kornfield, Guy Armstrong, Eric Kolvig and others. Susie has been meditating since 1989, and been engaged in Insight meditation practice since 1995. Teaching since 2005 under the direction of her teachers Guy Armstrong, Jack Kornfield, and Tory Capron, she has also been influenced by Advaita Vedanta and Dzochon teachers. She is a graduate of Hakomi Therapy (a somatic psychotherapy modality). She has been an outdoor professional for over 30 years, including years as a river guide, mountaineering guide, and backcountry ranger.

**Retreat Format** - Sittings, Dhamma Talks, Discussions, and Interviews. The retreat is principally a non-residential retreat and it is expected that most participants will stay in their homes at night. For those who might be interested in attending from outside the Taos region, a number of reasonably priced accommodations are available in Taos. See suggestions below.

**Number of Participants** - Limit of 25, First Come, first served upon acceptance of Application. The retreat is expected to fill quickly.

**Dana** - will be offered and graciously accepted for the Teacher.

**Meals** - Breakfast will be at your home or elsewhere prior to assembling at the Center by 7:45AM each day. Lunch - bring your own bag lunch. Dinner - simple soups will be offered at the Center. Participants may supplement their meals with their own foods and snacks. Tea, juices and snacks will be available.

**Application Forms** - Please see below. Call or email Bob Parker, Tel: 575-751-1963 or email: [rpataos@gmail.com](mailto:rpataos@gmail.com) for further information.

**Cushions** - As the retreat is about enhancing our daily practice and own self-sufficiency, participants need to bring their own zafu, back jack, and cushion as well as your own eating utensils. There are plenty of chairs at the Center but no cushions. Bowls will be supplied for the dinner soups.

**Accommodations for Participants from out of Town** - the following accommodations are offered as an indication of what is available at a reasonable cost and participants are expected to make their own arrangements.

**Sharing Accommodation** – There may be opportunity to share accommodation with another participant thereby lowering the cost and/or by personal arrangement, and some spaces may possibly be available in local participants' homes, again by personal arrangement. Please let us know if you would like the contact info for others interested in sharing a room, or for places to stay with locals. We will endeavor to make names and email addresses available once registration begins.

- **El Pueblo Lodge** - 575-758-8700 Tel; Located at 412 Paseo del Pueblo Norte, Taos, about 10 blocks from the Center. Call for rates and reservations - ~\$88.
- **Best Western Kachina Lodge** - 575-758-2275; Located at 413 Paseo del Pueblo Norte, Taos, about 10 blocks from the Center. Call for rates and reservations - ~\$90.
- **Other Accommodations** - There are other accommodations that are less expensive located throughout the southern part of Taos. You can Google Taos, NM Accommodations for further options.

**Cancellation** - should weather conditions or other unforeseen circumstances necessitating cancellation of the retreat at the last minute, deposits and/or balance of retreat cost will be returned to the participants.

# Registration Form

## 'The Many Dimensions of Annata'

This Registration Form is for the five-day 'The Many Dimensions of Annata' retreat. Please familiarize yourself with the terms for payment, cancellation and refunds. If you choose to apply for the retreat, please complete the pages below and return to us with your payment to Bob Parker, Retreat Manager, PO Box 893, Taos, NM 87571 no later than February 20 2012 (deposit) or full payment by March 1 2012.

To reserve your place please send in the following materials in this document:

- Registration Form
- Interview Questionnaire
- Payment – Deposit (\$65) and/or Full Payment (\$130)

The retreat is limited to 25 participants and reservations are confirmed on a first come, first approved basis. If the retreat is full, you will be placed on a waiting list. If it is not possible to reserve a place for you, you will be notified and any payments made will be refunded to you. Refunds due to cancellation after February 20 will only be made if there is a person on a waiting list to take your place. Should it be necessary to cancel the Retreat all payments will be refunded.

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_ **Email** \_\_\_\_\_ **Cell Phone** \_\_\_\_\_

**Person to Notify in Case of Emergency** \_\_\_\_\_

**Telephone** \_\_\_\_\_

Briefly describe your retreat and practice experience. Note: this retreat is open to all persons irrespective of practice background.

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What motivates you to go on this retreat at this time?

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**Cost of Retreat** - \$130. A non-refundable deposit of \$65 is due no later than February 20 2012 and full payment by March 1 2012. Alternatively, you may make full payment no later than 20 February to reserve your place.

# Interview Questionnaire

## 'The Many Dimensions of Annata'

Participant interviews with the teacher during the retreat are purely for the purpose of supporting the participant's meditation practice during the retreat and are not – nor should they be construed as – a form of psychotherapy or counseling. This form will be destroyed following the retreat.

Name \_\_\_\_\_ Occupation \_\_\_\_\_

List dates of previous retreats attended. Long time practitioners may provide a summary only:

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List any meditation practices or spiritual traditions that you have been involved with or are currently involved with and the approximate number of years you have practiced in these traditions:

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What is your current daily/weekly spiritual/meditation practice?

Have you ever been treated for a psychological condition such as depression, eating disorder, drug/alcohol addiction, anxiety disorder, psychosis, schizophrenia, mania or any other psychological condition? Please specify condition/s and date/s.

Are you currently taking medication for any psychological conditions? If yes, please specify the condition and list the medications/s and dosage.

Have you experienced any significant emotional, psychological or spiritual difficulty in your life (that has affected your ability to function)? If so, please describe it and when it occurred. Is it still occurring now?

Are there currently conditions in your life which may be placing you under stress, or that might make meditation difficult for you at this time (e.g., fasting, recent loss of a loved one, substance abuse/withdrawal, or a relationship ending)?

Are there any additional comments or information you would like to convey to the teacher?

*TMS reserves the right to refuse participation in the retreat from an applicant for whom it is deemed unsuitable to attend the retreat at this time due to any conditions as outlined above.*