



## **The Mindfulness Meditation Institute**

*Dear Fellow Spiritual Seeker,*

*We are happy that you're making plans to join us at the Inner Peace Mindfulness Meditation Retreat this Labor Day weekend. Our goal is to make this the most powerful and productive retreat you've ever attended.*

*In this registration packet, you will find the information you need to make your plans, and the registration forms to reserve your spot.*

*We look forward to meeting you and sharing our meditation experience with you. As always, you are welcome to call us with any questions or concerns.*

*Warm regards,  
Charles and Mary*

# Sample Schedule

This sample schedule outlines a typical day at the Inner Peace Mindfulness Meditation Retreat. The exact times and activities may vary slightly at the actual retreat.

6:30 – 7:30 am	Morning meditation
8:00 – 9:00	Breakfast
9:30 – 11:00	Lecture/workshop/training
11:00 – 11:45	Walking meditation
Noon – 1:00 pm	Lunch
1:00 – 3:00	Personal time
3:00 – 4:15	Workshop
4:30 – 5:30	Afternoon meditation
6:00 – 7:00	Dinner
7:30 – 8:45	Group discussion
9:00 – 10:00	Evening meditation

## Noble Silence

Noble silence will give us an opportunity to get in touch with ourselves on a deeper level. It will also help us examine the motives behind our speech. We will practice noble silence throughout most of the retreat. There will also be periods where we'll have the opportunity to get to know each other. Meals are generally in silence.

# Payment Policy

Since availability of accommodations at our retreats is limited, we encourage participants to register as early as possible.

- **Early registration:** There is a \$30 discount for early registration. Early registration ends June 30<sup>th</sup>. Payment must be made in full at the time of registration.
- **Regular registration** is from July 1<sup>st</sup> until the start of the retreat, contingent upon availability of accommodations. If you register before then with a deposit, then the regular registration fee will apply.
- **Hotel accommodations:** If you plan on staying at a nearby hotel during the retreat. You are responsible for making the arrangements. In this case, the registration fee will be \$249. You are also eligible for \$20 early registration discount and referral incentives.
- **Referral discounts:** You will receive a \$25 discount off your registration fee for each person you refer to the retreat. There is a limit of 2 referral discounts per person. You will receive your discount once your referral registers for the retreat.
  - If you have already made full payment, we will mail you a check.
  - If you have not completed your full payment, we will email you a credit voucher, which you can apply to your remaining balance.

## Deposits and Cancellations

There is a minimum deposit of \$150 due upon registration. Full payment must be received before August 1<sup>st</sup>. If you cancel before August 1<sup>st</sup>, you may receive a refund less a \$50 cancellation fee. Deposits are non-refundable after August 1<sup>st</sup>.

## Important Dates to Remember

June 30<sup>th</sup>: Early registration ends

August 1<sup>st</sup>: Full payment is due, and deposits are non-refundable afterward.



## Inner Peace Mindfulness Meditation Retreat Registration Form

### Instructions

- 1) Complete and sign registration form.
- 2) Complete payment form.
- 3) Make check payable to The Mindfulness Meditation Institute, and mail with both forms to:  
P.O. Box 12432  
Raleigh, NC 27605

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

Mailing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Email address: \_\_\_\_\_ (will be used for all communications).

For room assignments, are you  Male  Female    Do you snore loudly?  Yes  No

Are there any medical needs or mobility limitations we should know about? \_\_\_\_\_

\_\_\_\_\_

Meal preference:  Vegetarian  Non-vegetarian

Emergency contact person: \_\_\_\_\_ Phone: \_\_\_\_\_

Do you currently meditate?  Yes  No    How long have you practiced? \_\_\_\_\_

Prior retreat experience? \_\_\_\_\_

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

# Payment Form

**For participants staying at the retreat facility:**

**Check one**

- Early registration (before July 1, 2012) .....\$299
- Regular registration deposit.....\$150
- Regular registration (after July 1, 2012) .....\$329

**For participants staying at a hotel:**

**Check one**

- Early registration (before July 1, 2012) .....\$229
- Regular registration deposit.....\$150
- Regular registration (after July 1, 2012) .....\$249

**Donation to Mindfulness Scholarship Fund** (optional). These funds go to help us provide meditation products and services such as CDs and retreats, to people who cannot afford them.

- .....\$25
- .....\$50
- Other .....\$\_\_\_\_\_

**TOTAL PAYMENT**.....\$\_\_\_\_\_

If someone referred you to the retreat, enter their name: \_\_\_\_\_

If you referred someone to the retreat, enter their name: \_\_\_\_\_

**PLEASE NOTE:** If you are registering with the \$150 deposit, the remaining balance is due before August 1, 2012. Please include the attached coupon with your payment.



# Inner Peace Mindfulness Meditation Retreat

## Remaining Balance Payment Coupon

(Due before August 1, 2012)

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

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

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

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

Registration balance (please refer to your invoice).....\$(\_\_\_\_\_)

Linen fee.....\$10

Less referral discounts (attach credit voucher).....\$(\_\_\_\_\_)

**Donation to Mindfulness Scholarship Fund** (optional). These funds go to help us provide meditation products and services such as CDs and retreats, to people who cannot afford them.

.....\$25

.....\$50

Other .....\$\_\_\_\_\_

**TOTAL PAYMENT**.....\$\_\_\_\_\_

Make checks payable to the Mindfulness Meditation Institute, and mail to:

P.O. Box 12432

Raleigh, NC 27605

**P.O. Box 12432 Raleigh, NC 27605 (919) 803-3517**

**[www.MindfulnessMeditationInstitute.org](http://www.MindfulnessMeditationInstitute.org)**