

## **Metta Dharma Foundation**

# **The Liberating Practice of Jhana RETREAT APPLICATION**

**Ben Lomond, CA  
March 12 - 21, 2025  
with Richard Shankman**

For further information or questions please contact [metta@mettadharma.org](mailto:metta@mettadharma.org)

The cost of the retreat is \$1495. The retreat fee covers the cost of the retreat facility rental and food only. The teacher will be serving without compensation. At the end of the retreat, participants can offer whatever *dana*, or donation, they wish to the teacher.

To reserve a place at the retreat, please send in your completed (a) Application, (b) Participation Agreement and Liability Release, and (c) a \$150 deposit payable to Metta Dharma Foundation to:

Metta Dharma Foundation  
79 Templar Place  
Oakland, CA 94618

You may also email the completed forms to: [metta@mettadharma.org](mailto:metta@mettadharma.org) and submit the deposit through Paypal on the mettadharma.org donation page.

Full payment is due at retreat check-in.

Your \$150 deposit will be fully refunded if you cancel your reservation by December 12<sup>th</sup>, 2025. If you cancel between December 6 and January 5 your refund will be \$100. If you cancel between January 6 and February 5 your refund will be \$50. No refund if you cancel after February 5. Regardless of when you cancel your reservation, we will refund the full amount of your deposit if we are able to fill your slot in the retreat.

**Location:** Quaker Center 1000 Hubbard Gulch Rd., Ben Lomond, CA 95030, 408-742-9562.  
Refer to the Retreat Information Sheet for location details and directions to the retreat center.

Arrival and registration will occur from 3:30 to 5:30 p. m. on Wednesday, March 12, followed by a light supper. The retreat will end by noon on Friday, March 21, 2024.

This retreat will be conducted in silence with a full daily schedule of sitting and walking meditation practice. Richard will be offering meditation instruction, Dharma talks, and meditation practice interviews. Participants will be asked to observe five precepts of ethical behavior during the retreat: 1) refraining from harming living beings, 2) taking what is offered and refraining from stealing, 3) refraining from sexual activity, 4) maintaining noble silence, and 5) refraining from the use of drugs and alcohol (prescription and other needed medications should be taken as required). Please refer to the retreat information sheet for full details about the retreat and the five precepts.

**Please Print Clearly:**

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (eve) \_\_\_\_\_ (day) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_ Birth Date \_\_\_\_\_

**For Room Accommodations:** Gender: M\_\_ F\_\_ Transgender\_\_ Non-binary\_\_ Other \_\_\_\_\_

**What gender pronoun(s) do you prefer?** \_\_\_\_\_

**Do you plan to camp?** \_\_\_\_\_

**Emergency Contact:**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

**Meditation Retreat Experience** (This retreat is appropriate for beginning and experienced meditators)

Please list your most recent *vipassana(insight)* or *concentration* retreat experiences (teacher, location, length, and approximate dates):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please list other retreat experiences you have had: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Dietary and Medical Restrictions:**

Please circle your dietary restrictions: *no dairy no wheat no eggs other* \_\_\_\_\_

Please describe any special medical needs or mobility limitations: \_\_\_\_\_

\_\_\_\_\_

**Carpooling:**

Can you provide transportation for others? *Yes No* If yes, for how many? \_\_\_\_\_

Do you need transportation? *Yes No*

**Personal Retreat Intention: What is your intention in coming to this retreat? (use separate sheets if necessary)** \_\_\_\_\_

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**Comments For Teacher: Is there anything else you would like the teacher to know before you come to this retreat?** \_\_\_\_\_

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**Additional Comments** \_\_\_\_\_

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