

# New Year's Monastic Retreat Registration

Taught by Ayya Anandabodhi & Ayya Santacitta  
December 26, 2013 – January 4, 2014  
Angela Center | 535 Angela Drive | Santa Rosa, CA

---

## *An Invitation to Simplicity and Letting Go*

During retreat we come together as community to support each other in our practice, consciously letting go of the past and opening to the New Year with whatever it may bring. We create a monastic environment during our time together, and we offer you this opportunity to explore the Dhamma in a setting that differs somewhat from a typical meditation retreat.

In the spirit of the monastic lifestyle, we will be following the Eight Precepts, taking only what is offered, participating in the daily routine mindfully and with awareness, and attempting to reflect on our every activity as part of our practice. This will include Noble Silence, morning and evening chanting, sitting and walking meditation, and daily Dhamma teachings. There will be opportunities for group interviews along with Q&A during the retreat. An optional daily period of yoga will be offered by [Corina Stoicescu](#).

### **The Eight Precepts**

#### **To refrain from...**

- 1) taking the life of any living creature
- 2) taking that which is not given
- 3) any intentional sexual activity
- 4) false and harmful speech
- 5) consuming intoxicating drink and drugs which lead to carelessness
- 6) eating at inappropriate times
- 7) entertainment, beautification and adornment
- 8) lying on a high or luxurious sleeping place

Accommodations are single or double rooms with shared bathroom facilities. The retreat center is wheelchair accessible. We are unable to accommodate any special dietary or environmental needs. We will offer a light breakfast and, in keeping with this monastic tradition, the daily meal (vegetarian) is eaten before noon. In the evening, hot drinks will be served.

Each retreatant will also participate in a one-hour work period each day. The smooth running of the retreat depends on everyone's daily contribution to the retreat community. Retreat jobs should be done in silence as much as possible, maintaining your quiet and attentive state of mind.

Retreatants should commit to stay for the entire retreat and to fully participate in the retreat schedule, including the daily work period. If you have any questions or concerns during the retreat, the retreat manager and other staff will assist you. Note-writing should be minimized, and notes to the teachers need to go through the retreat manager.

Continuing in the ancient Buddhist tradition, the retreat and teachings are offered freely. In turn, retreatants are afforded an opportunity to support those transmitting the Dhamma by offering donations (*dana*) to the teachers, manager, and cook. Operating and food expenses are paid from *dana* previously received by the Saranaloka Foundation. At the end of the retreat, you can donate so that retreats can continue to be offered to future retreatants on a *dana* basis.

We do require a deposit check in the amount of \$150 with your registration. If you attend the retreat or cancel before November 26, 2013, this check will be returned to you upon request. It will not be returned if you register and do not attend the retreat or if you do not cancel by the November 26 cancellation date.

# New Year's Monastic Retreat Registration

Taught by Ayya Anandabodhi & Ayya Santacitta

December 26, 2013 – January 4, 2014

Angela Center | 535 Angela Drive | Santa Rosa, CA

First Name:		Last Name:	
Birth Date (year required):		Gender:    Female    Male    Transgender	
Address:			
City:		State:	Zip:
Email*: <i>*Your confirmation letter will be sent to this email address; please make sure it is legible.</i>			
Phone (main):		Phone (alternative):	
Emergency Contact:	Relationship:	Phone:	
Is this your first retreat? <input type="checkbox"/> Yes <input type="checkbox"/> No – If no, list the last few retreats you have attended:			
List medical/health/mobility conditions that may affect your participation on retreat:			
List mental health/relevant factors that might be helpful for teachers to know (medications, recent bereavement, family difficulty, history of abuse, stress at work, etc.):			
Are you able to volunteer to help set up? <input type="checkbox"/> Yes <input type="checkbox"/> No			

Mail this completed form and your \$150 deposit, made out to **Saranaloka Foundation**, to:

Retreat Registrar  
c/o Aloka Vihara  
1632 48th Avenue  
San Francisco, CA 94122-2804

For more information, email Dongshil at **SaranalokaRetreat(at)gmail.com**. Information about Aloka Vihara is available at [www.saranaloka.org](http://www.saranaloka.org).

Thank you!