

A Tranquil Heart in a Tumultuous World

A Mindfulness Retreat in the tradition of Thich Nhat Hanh led by Dharma Teacher Leslie Rawls
St. Francis Springs Prayer Center, Stoneville, NC
Friday afternoon, June 7 through Sunday afternoon June 9, 2013



Registration Form

Name: _____ Best Phone to reach you: _____

Mailing Address: _____

Email: _____

Meals will be vegetarian. Refrigerated storage is available if you need to bring specific food. Please identify any dietary restrictions here: _____

Housing Rates (includes lodging and all meals from Friday supper through Sunday lunch) All rooms have a private bath.

ACCOMMODATION TYPE	HOUSING CODE	WEEKEND COST/PERSON
Single Room (limited availability)	A	\$235.00
2-3 persons per room	B	\$195.00

Roommate requests, if any: _____

LAST NAME, First Name	Gender	Snore? (occasionally/every night/never)	HOUSING CODE	Amount
1.				
2.				
3.				
TOTAL DUE:				
AMOUNT ENCLOSED: (Min \$100 per person deposit; full payment appreciated.)				
BALANCE DUE by May 24:				

Note: The teacher receives no compensation. There will be an opportunity to contribute to our teacher during the retreat.

Emergency Contact: Name: _____ Phone: _____ Relation: _____

Please mail this form with your check made payable to Charlotte Community of Mindfulness to:

Charlotte Community of Mindfulness
c/o registrar: C. Bradford
6 College St
York SC 29745

Email inquiries regarding this retreat: event@charlottemindfulness.org

Sponsored by Charlotte Community of Mindfulness & Deep River Sangha (Greensboro)

To learn more about our Sanghas, please visit us in person or on our websites:

www.charlottemindfulness.org or www.deepriversangha.org

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Registration Information

Retreat Activities: The retreat will offer formal sitting and walking meditation periods, Dharma talks, private interviews with the teacher, opportunities to share with others in small discussion groups, and solitary practice opportunities. The retreat will be mostly silent. It is appropriate for both new and experienced mindfulness practitioners.

Our Dharma Teacher: Leslie Rawls received Dharma Lamp Transmission from Thich Nhat Hahn in January 2009. She is a senior lay member of the Order of Interbeing, having been ordained by Thich Nhat Hahn in 1995. She is the resident teacher in the Charlotte Community of Mindfulness and offers days of mindfulness and retreats across the country. For more information, click on the Dharma Teacher tab at www.charlottemindfulness.org

Retreat Location: St. Francis Springs Prayer Center is an inter-faith prayer and retreat center in Stoneville, NC approximately 30 miles north of Greensboro. The center is a 25,000 sq. ft. state-of-the-art facility situated on 140 acres of beautiful and peaceful wooded property that offers a natural setting for prayer, reflection and meditation. The address is 477 Grogan Rd., Stoneville, NC 27048. Driving directions can be found on the web site www.stfrancissprings.com/contact.html

How to Register: Mail your registration form with a check payable to Charlotte Community of Mindfulness to address at the bottom of the form. Additional registration forms can be found at www.charlottemindfulness.org at the Retreats and Special Events tab, or by emailing event@charlottemindfulness.org

Arrival, Orientation and Departure: Plan to arrive between 3-5pm on Friday, June 7, so you can check in, settle into your room, and prepare for a silent dinner at 6 pm. Late arrivals will have an opportunity to check in between 7 and 7:30pm. Welcome and Orientation will follow dinner. Departure is Sunday, June 9 after lunch. Rooms will need to be vacated by 10am.

Housing: All meals are included, from Friday dinner through Sunday lunch. Each room has a private bath. The \$195 fee includes two nights lodging in a shared room. A very limited number of single rooms may be available for a supplemental fee of \$40.

Dana: It is customary to offer a monetary expression of love and generosity to our teacher. Donations may be made during the retreat. Please express your gratitude by contributing an amount that is appropriate for you.

Meals: Delicious vegetarian meals will be prepared by the St. Francis staff. Please note any dietary restrictions on the registration form. Appropriate storage is provided for those with special dietary needs who bring their own ready-to-eat items.

What to Bring: Bed linens, blankets, and towels are provided. Please bring personal toiletries, a water bottle, your sitting cushion or bench (chairs will be available) and sturdy walking shoes. Because it is conducive to our meditation and to mindfulness etiquette, we ask that you wear comfortable and modest clothing.

Cancellation Policy: If you need to cancel, please do so as soon as possible so that others may register in your place. Cancellations received no later than May 24 will be subject to a \$35 processing fee. No refunds will be given for cancellations received after May 24.

Emergency Contact at Retreat Site: If someone needs to contact you during the retreat for emergency reasons only, they should call 366.573.3751. There will be someone who will answer, but do not leave a message in a true emergency. Continue to call until a person talks to you.