**POC retreat application (2022)**

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Do you self identify as indigenous, a person of color or person of global majority? \* (Yes/No)

Name \*

Email \*

Phone \*

Mailing address + Country \*

Are you applying for the shorter June 30th to July 3rd retreat or the longer August 30th to September 4th retreat or both? \*

We welcome everyone and will not reveal your identity to anyone. We just wish to be better prepared to meet you where you are in your journey of healing. You can select multiple answers by keeping the CTRL key pressed. Do you belong to any of the groups below? \*

* LGBTQIA
* Formerly incarcerated
* Immigrant
* Low Income
* Veteran
* Differently-abled (with physical, neurological and other differences)

What is your racial/ethnic background (Black, Indigenous, Hispanic/Chichana/Latina, South Asian/East Asian etc)? Is there any other way you consider yourself to be a part of a minority in this country/region? \*

We want to a create a space that is welcoming for all regardless of their gender identity. If you like, please let us know your gender identity, pronouns, and/or if you have a preferred name that is other than your legal name. \*

What age group do you belong to (Please know that retreat center cannot host anyone under 18)? \*

We will prepare Ayurveda based vegan food at the center which is the case at all Buddhist centers. You can bring your own snacks to eat in privacy to meet your medical needs. Do you have any food allergies/requirements that our cooks should know about? \*

Please tell us a little bit about your passion, vocation, skills, talents or work in this world. Please describe your climate and social justice related changemaking efforts. Do you work alone or with a community of like-minded friends? Are you a part of any voluntary, grassroots or big climate/environment or social justice organization? \*

What is your past experience with trauma/stress healing? This may include things like group therapy, spiritual practices, workshops and sharing circles. Why do you want to attend this retreat and what are your expectations from this retreat? \*

What gifts can you bring with yourself to this retreat community (donating money for scholarships for others, leading songs, bringing art materials). While taking care of COVID protocols, everyone will need to contribute towards cleaning and preparing food under supervision of a cook. Please do mention which things that you will feel comfortable being public during the retreat. \*

Which spiritual teachers/authors/philosophers are you familiar with or inspired by? \*

Will this be your first experience of silence, yoga or meditation? We will explain and work closely with you to support you. Is there any physical, psychological or emotional need that the teachers/leaders of this retreat should be aware of? This information will be confidential. \*

How much can you pay for this retreat? The sliding scale cost starts from $120 and is mentioned on the main webpages. Please review them carefully. We do not want to turn away anyone for lack of funds. However, your response will help us figure out how much external scholarship money do we need to make this retreat financially possible. \*

We hope you have read the section called "Is this retreat right for you?" We regret that the retreat center is at 8500 feet, the trails are uneven and the lodge is not wheelchair accessible at this time. Please confirm that this will not be a problem for you. \*

Given that we have limited number of indoor capacity in the pandemic times, please let us know if you can camp outdoors. Alternatively, please also let us know if you will not be able to attend the retreat if you do not get an indoor spot. Most people living indoor will have to share a room. If you have any specific request with respect to a roommate, please do let us know if your partner/room-mate is also applying for this retreat. \*

Please give us name, email address and phone number of one emergency contact who can be reached in case there is an emergency situation during the retreat.

We hope you can attend the retreat full time between 3 pm on August 30th and 3:30 om on September 4th. Yes?

Please complete and email this application to our POC retreat manager Asia ([pocretreats@gmail.com](mailto:pocretreats@gmail.com)). One can create PDF of your web application by printing the webpage as a PDF file.

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