**Zen and Ecodharma retreat: September 2022**

Top of Form

Our daily schedule is available [here](http://boundlessinmotion.org/sesshin-schedule/). The schedule might seem physically challenging but please remember it is rare to get opportunities to clear our hearts and minds. We will do everything to help you stay on your growing edge but without falling into complacency or falling apart. Once the form is submitted, you will receive detailed instructions on how to prepare for the retreat.

First Name \*

Last Name \*

Email \*

Phone \*

Your mailing address \*

First name of your emergency contact \*

Last Name of your emergency contact \*

Email of your emergency contact \*

Phone number of your emergency contact \*

Choose your participation options. The full retreat is from 3:30 pm on September 26th Monday to 5:30 pm on Sunday October 2nd. We are highly encouraging people to commit to the full week. The weekend option is from 5:30 pm on Friday to 5:30 pm on Sunday. Please mentions details below. \*

* Six days
* Weekend

We will serve vegan food with gluten free options. Do you have any dietary needs or allergies that we should know about? \*

* Gluten-free
* Soy allergy
* Nuts
* Others?

Everyone will be assigned some work-period (samu) or yogi jobs everyday. What help would you specifically want to offer to create a community during our time together? We are able to keep our retreats low-cost because of your help! You can choose multiple entries.

* Arrive early to set up
* Leave late to pack up
* Special interest in helping cook food
* Being time keeper
* Drumming (Mokugyo)

Our sangha is inclusive of trans\* and gender non-conforming people. Let us know if you have a preferred name which is different from your legal name or if you have any preference for gender pronouns (she/her, they/them, him/her)? \*

If you haven’t say with us before, please describe your previous meditation experience? Are you a beginner? Which spiritual traditions/teachers are you familiar with or inspired by? \*

Please tell us a little bit about your passions, vocations, skills, talents or work in this world. Do you work alone or with a community of like-minded friends? Are you a part of any voluntary, grassroots or other climate or social justice organization? Are you consciously looking for support with respect to your activism (or state of the world) during this retreat or do you want to stay focused on your own silent journey with meditation? \*

If this is your first Zen retreat, we will explain and work closely with you to support you. Is there any physical, psychological or emotional need that the teacher of this retreat should be aware of? This information will be confidential. \*

Will you be missing any sits or part of the day? Let us know so that we are not worried about your safety. Please feel free to add any more needs/offerings and/or details related to questions asked thus far. \*

You must read our legal waiver ([see PDF version](http://boundlessinmotion.org/wp-content/uploads/2017/07/Combined-Retreat-Waiver.pdf))? Everyone will need to sign it before they can join the group! \*

We are considering doing away with the vaccination requirement to be able to welcome everyone but need more time to discuss the science and data with everyone. Will you be fully vaccinated by the time of the retreat (Two weeks after third booster dose)? Please understand that in order to protect everyone, at this time, we ask that you do not attend in person if you are not vaccinated and/or if you have any flu like symptoms. \*

Please send a $50 deposit as check or arrange to pay by Paypal/Venmo. Email kritee@boundlessinmotion.org for our mailing address or Paypal details. No one will be turned away for lack of funds but we have found some financial commitment helps everyone prepare their mind for the journey. \*

Bottom of Form