

“A Mindfulness Retreat for Renewing Body, Mind, & Spirit”
Mount Sequoyah Retreat Center, 150 N. Skyline Dr, Fayetteville, Arkansas 72701
Wednesday, April 10 – Sunday April 14, 2019

Name: _____ Address: _____

City: _____ State: _____

Phone: _____ Email: _____

Gender: (for roommate groupings) Male Female

Accommodations: Please choose one of the following options (all meals are included with price):

Private Room: \$425 (**\$455 after March 15**)

Double Room: \$350 (**\$380 after March 15**)

Program & Meals only* (no lodging) \$200

Please mail this form with your check, payable to: Annee Littell, 517 E. Johnson St., Fayetteville, AR 72701, by April 1st
Questions? AnneeLittell@yahoo.com
479-521-2164

Please indicate name/s of requested roommate: _____

Please note: only 2 rooms are available on first floor. If you need special accommodations, contact Annee Littell.

Do you require a room on the first floor? (for those who are disabled) YES NO

Camping is not available at Mount Sequoyah. If the cost of housing is prohibitive for you, please contact the registrar, Annee Littell, to apply for scholarship funds.

Meals: All meals are vegetarian. Other special dietary needs can be accommodated. If you have any special dietary requirements beyond vegetarian, please indicate here:

Gluten-free Vegan Other (please describe) _____

Donation for Scholarship: The Far Flung Sangha maintains a scholarship fund to help defray the cost of the retreat for persons who otherwise would be unable to attend. If you would like to contribute to this fund, you may do so here or at the retreat itself. Donation for Scholarships: \$_____

Dana is the practice of generosity. *This practice helps remind us of the fundamental “interbeing” nature of life. By supporting our teachers, we deepen our own experience on the path of practice while helping them to support others. Teachers generously give their time and energy through listening, sharing, and teaching, often without financial reward. Offering dana makes it possible for them to continue their work and is their primary means of support. In the spirit of this tradition, there will be an opportunity for recipients of the teachings to make voluntary contributions, called dana, when registering or at the end of the retreat. Because participants often ask what is considered appropriate, we offer the following guidelines: you may wish to make a contribution between \$100-\$250 for the retreat, depending on your ability. Dana is a gift given entirely from the heart.*

Important Reminder: Silence and Cell Phones. This is a silent retreat with only a few limited opportunities to discuss, i.e. during formal Dharma discussions. We maintain silence at all other times during the retreat, including in one’s sleeping quarters, in order to deepen our practice and set the most favorable conditions for insight and awareness. We ask that cell phone usage is strictly limited to emergencies, even within your sleeping accommodations. If you must use your cell phone, we ask that you do so off campus and away from all other retreatants. A 24-hour emergency contact number for Mount Sequoyah will be provided in your confirmation packet.

Attendance: More details, including arrival time and close of the retreat, will be emailed back to you once you register.

*Although it is preferable that retreatants reside at Mount Sequoyah—in order to benefit from the concentration and ease of staying at the retreat center—we understand that some local people would like the choice to reside at their home in town. If you choose this option, please take responsibility for allowing enough travel time to come and go, while maintaining silence and the energy of the retreat.