

## Women's Sesshin Registration – Joyful Mind Zendo – November 10-12, 2023

Please fill out the following information:

<b>Name:</b>
<b>Address:</b>
<b>Email:</b>
<b>Mobile/cell number:</b>
<b>Emergency contact name, relationship, phone number:</b>
<b>Sitting preference: Chair      Floor Cushion (zabuton and zafu)      Both</b>
<b>Have you been to a meditation retreat before? Yes      No</b>
<b>If so, how many days? &lt; 1 day      2-3 days      Over 3 days</b>
<b>Do you wish to speak to the Teacher before coming on this Retreat? Yes      No</b>
<b>Wellspring Conference Center makes every effort to ensure that all who attend have healthy meals.</b> Meals are Vegetarian. Wellspring can provide dairy-free and gluten-free options at meals with notification prior to arrival. Please note that their kitchen is not dietary specific or allergy free. Persons with severe allergies are invited to bring prepared foods if deemed necessary.
<b>Do you have any dietary restrictions or requests? Yes      No</b>
<b>If so, what are your dietary restrictions?</b>

---

**All registration forms and full balances are due by November 1<sup>st</sup>, 2023**

\_\_\_ **\$240 TWO NIGHTS** - Includes private room, vegetarian meals, coffee, tea. Arrive Friday for dinner, leave Sunday after breakfast. **\$75 deposit.**

\_\_\_ **\$75 SATURDAY COMMUTER** – One day, includes **2 meals**: lunch and dinner. 9 am - 6 pm. **\$50 deposit.**

\_\_\_ **\$75 SATURDAY COMMUTER** – One day, includes **3 meals**: breakfast, lunch, dinner. 6:15 am - 6 pm. **\$50 deposit.**

\_\_\_ **SCHOLARSHIP** - Please state amount of scholarship funds requested, up to \$120 (50%): \$ \_\_\_\_\_

**Deposit paid:** \_\_\_\_\_ **Remaining balance due to be paid by November 1<sup>st</sup>:** \$ \_\_\_\_\_

---

**Please follow these steps:**

1. **Send your deposit OR full payment.**

**Payment Option 1:** Send over Zelle to [Joyfulmindzendo@gmail.com](mailto:Joyfulmindzendo@gmail.com), available through most banks. Please consider adding an additional 1% to cover Zelle fees.

**Payment Option 2:** You may make a check out to Joyful Mind Zendo and mail it to our Treasurer, Michael Bloom, at 11425 Catalina Terrace, Silver Spring, MD 20902.

2. **Email this form to our Sesshin Coordinator, Alex Duprey, at [alexduprey4589@gmail.com](mailto:alexduprey4589@gmail.com).**