

The Crystal Mountain Annual Winter Retreat
The Union of Compassion and Primordial Awareness
with Lama Mark Webber

Crystal Mountain Society for Eastern and Western Studies

2012 Winter Retreat Registration Forms
&
General Information Package

1. Form 1 Retreat Application Form
2. Form 2 Considerations On Applying for Retreat Form
3. General Information
4. Form 3 Crystal Mountain Society Membership Form

Please print the attached registration forms, [1, 2 & 3](#), sign and send with a
\$300.00 USD non-refundable deposit cheque payable to:

Crystal Mountain Society:

and mail to:

c/o Terry Frewer
1444 Argyle Ave.
West Vancouver BC
V7T 1C2, CANADA

Deposits are due as follows:

*Non -refundable Deposit Cheque by: August 1, 2011

*Balance Due: November 1, 2011

Form #1
Crystal Mountain Society for Eastern and Western Studies

Application for Retreat with Lama Mark Webber
in Guatemala

When: Sunday, January 15 - Saturday February 11, 2012

Topic: Union of Compassion and Primordial Awareness

YOUR CONTACT INFORMATION:

Name:
Address:
City:
Province:
Postal Code:
Telephone:
Fax:
Email:

Dietary Information:

Please √ your dietary specifications:

- Regular Diet/no restrictions
- Vegetarian
- Vegan
- Food allergies: _____
- Special diet: _____
- Other information you may want noted:

Emergency Contact #:

In case of an emergency, person to contact:

Name _____

Telephone # (____)_____

Your Estimated Arrival & Departure Date/Time:

*Important: All retreatants must arrive to their accommodations by January 15, 2012. (see below for more details, under Winter Retreat General Information Page 7).

*Date of arrival: January 15, 2012.

*Date of departure:

(2 WEEK OPTION January 29 OR 4 WEEK OPTION February 11) _____

Payment:

- 1st Payment Due July 15, 2012 or anytime from now until then-*
\$300.00 non-refundable deposit & completed retreat application forms
(SEE PAGE 1 FOR FORM LIST)
- 2nd Payment: September 15, 2012- Balance of retreat fees: \$1360 for 2 week option or \$1560.00 for 4 week option (See below for list of retreat fees)

RETREAT FEES (please note the fee is different for 2 or 4 weeks):

- \$1865 USD 4 weeks - this includes food and lodging
- \$1665 USD 2 weeks-this includes food and lodging
(as we are renting accommodations by the month we are unable to reduce our accommodation rate for 2 week option)
- Dana for Lama Mark and Jamie van Dam (who will be teaching Feldenkrais classes for the first few days of the retreat) * (please see note regarding Dana below)*
- Airfare to Guatemala (estimated from BC at \$1000, please check with your travel agent to get a more accurate price from your area)
- Additional money for transportation to and from the airport (see details below)

Retreat fees include:

- Lodging, meals and course expenses.
- Fees charged cover expenses to provide the Teaching and are NOT payment for the Teaching itself. You may give your Dana to the onsite course coordinator at the beginning of the retreat. A bowl will be available to receive donations/Dana for the teacher at Wongkurs/Empowerments.

Questions or inquiries regarding Application and Registration for
Crystal Mountain Winter Retreat 2012 can be directed to:

Saskia Soetrik
from May 1 - July 5, 2011
at saskias@telus.net

In July, please submit your registration on-line at crystalmountainsociety.org
For inquiries in July please email publicrelations@panzaverde.com

Nicolina Sebok
From August 1- January 15
shareseeds@yahoo.ca

Form #2
Crystal Mountain Society for Eastern and Western Studies
Considerations on applying for retreat:

Your Aspiration: The aspiration should be less about removing negativities about you and more about seeing what is present—allowing changes and transformations to occur and not having fixed ideas about what should or should not occur in a retreat. If it is positive practice then confidence in awakening, by you and others, will naturally take place.

Health: Physical health. The retreat is located in a rugged area with paths on uneven ground so it is important that you be reasonably healthy and able to walk around such a property. If you have any doubts check with a doctor before coming. Please realize that a retreat is not psychotherapy. All participants need to be in a reasonably balanced emotional state. If you are on any medication, or were on medication immediately prior to the retreat, you will be asked to disclose this information as this can help Lama Mark understand your situation.

Site: While on property during the retreat, we ask all the participants to take the five precepts and the Bodhisattva vow as their constant practice. These disciplines, which are common to all schools of Buddhism, are standard for meditation retreats and are to help support the development of fluid, easeful presence, coupled with bright interest and awakeness. Lama Mark will give these precepts at the start of the retreat and teaching on them. Please ask the Retreat Manager for a copy of the five precepts and Bodhisattva vow if you are not familiar with them.

Use of cell phones and laptops will not be permitted during retreats:

These must be deposited with the retreat manager at the start of the retreat. Family emergencies can be phoned into the retreat coordinator.

Kitchen / Cooking /Diet: If you have dietary requirements for health reasons, we will try to accommodate you. However, part of practicing Buddha Dharma involves cultivating equanimity and learning to accept what comes up and that especially includes food. Catering for a large range of different needs is a lot of work, so please make sure your requests are not whims of the moment. If you do have special needs, please inform the Registrar on your application form.

Dana for the Teacher: In keeping with traditional practice, Lama Mark does not charge a fee for teaching but lives by Dana (the generosity of students). Dana is a Buddhist teaching about giving and receiving, about generosity and thankfulness, and the interdependence of all beings. It is not a tip or gratuity but is often the teacher's only source of livelihood. It is left up to the participants to assess their own circumstances and to give accordingly, as generously as possible. A suggested amount is \$30 per day, this is only a guideline.

I have read the "Considerations on Applying for Retreat" and find it acceptable.

Print Your Name: _____

Signature: _____

Crystal Mountain Society for Eastern and Western Studies

Winter Retreat General Information

Recommended Arrival time:

We encourage all retreatants to arrive early to Guatemala a few days before the retreat starts to tour around and get a feel for the area. There are many hotels in Antigua for all price ranges (see Lonely Planet or similar guide for contacts and details). Our accommodations will be available to move in on January 15, 2012 and it is expected that you will be there that day to settle in. This is a gesture of respect towards Lama Mark and the teachings we will receive. And is appreciated by both retreat coordinators and fellow retreatants as it allows retreatants to be ready to begin class on Sunday January 15, 2012.

About The Retreat Centre

Villas B´alam Ya, Mayan for “The Water Jaguar”, is located on the western shore of beautiful Lake Atitlan between Panajachel and Santa Catarina Palopo. There are stunning views of the lake and volcanoes from every corner of the property. The individual houses (3 on site) are located on the hill side with many stairs. The elevation is 5000 feet above sea level. Retreatants are encouraged to enjoy the complimentary kayaks, canoe, sculling hulls, numerous outdoor lounge areas, and swimming and snorkeling areas. As the writer Aldous Huxley claimed, “the most beautiful lake in the world”. For more info regarding the teaching site please go to: www.balamya.com

How to get to the Retreat Centre FROM THE AIRPORT:

Arrive to Guatemala City International Airport. Take communal shuttle (\$10) or private taxi (\$30) to Antigua, about one hour drive. From the airport to Lake Atitlan you must pass through Antigua. It is highly recommended that you stay there for at least a night or two. There are numerous hotels in Antigua in all price ranges and it is recommended that you prebook, check on the internet or guide books for prices and availability. To get to Lake Atitlan where the retreat will be held there are communal tourist shuttles that will pick you up at your hotel for around \$20. It’s just over a 2 hour drive to the lake. **Please call Lesley or Laurel when you arrive and we will help with transportation.**

Laurel 5632 3180
Lesley 7762 2522

Accommodation:

There are accommodations both at the retreat site and off site in the surrounding area. You will have a private room and share a space with 1 or 2 other participants. For those staying offsite transportation will be provided to the teaching space.

Food:

We will have a cook for preparing lunch and dinners for us at the retreat. Shopping will be done for each villa so individuals may prepare their own breakfast.

Laundry:

Laundry service will be made available for a small fee please ensure you have some **American CASH** for this purpose.

Currency:

Canadian dollars are not acceptable because there is not a bank able to change them. Only US dollars. We prefer cash or money transfer as it takes 4 weeks to change travellers checks.

Weather:

Weather is lovely this time of year in Guatemala, it is the dry season. The temperature at this elevation is spring like with warm, sunny days and cool evenings all year round. It is dry season so there will most likely be no rain. During the day it gets warm enough to go swimming and the evenings are fresh and cool. Bring a variety of layering clothing.

Shared Spaces:

- Though we will all have private rooms, we will be sharing public spaces. Please be respectful of your fellow retreatants: keep talk to a minimum (only necessary talk or notes please) and practice awareness & generosity: For example, if someone is in silence & not making eye contact, don't try to engage them in conversation.

Things to Bring:

- Meditation Cushion
- Sweater or shawl (for cooler evenings)
- Notebook, pen
- Watch or clock

- Flashlight and extra batteries
- Recommended reading, if any
- Clothing, loose comfortable for sitting and exercise, bathing suit
- Eco friendly toiletries & eco-biodegradable soaps, mosquito repellent, sun screen, enough personal items to last the full retreat.
- Sun hat, binoculars, etc.
- Any musical bells, bowls or drums appropriate for Wongkur
- Dana, cash or cheque
- Mala (rosary)

Optional:

- Insulated travel mugs
- Slippers
- Yoga mat

Things not to bring:

- Pets
- Laptops
- Radios
- Reading material (other than suggested materials by Lama Mark)
- Musical instruments (other than mentioned above)

Emergency numbers:

There is a phone on the site for any emergencies that may arise.

If anyone needs to contact you while you are in retreat there is someone here who can get messages to you, please pass on to your loved ones prior to retreat commencement:

+(502) 7762 2522 Villas B'alam Ya contact Lesly

+(502) 7832 2925 Meson Panza Verde contact Ingrid or Gabi

+(502) 5632 3180 Laurel's cell

Form #3
Crystal Mountain Society for Eastern and Western Studies
Membership Application Form

Membership includes voting rights in the society and significant discounts to retreats and some public events. Involvement with assisting in activities to support the society is expected. Sponsorship by a current member is required for a one-year probationary period, for new members. Voting rights are suspended with unpaid dues.

Name: _____ Year: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: _____ Email: _____

Sponsor: _____ Contact: _____

(NEW MEMBERS ONLY add Sponsor of current Crystal Mountain Member's name)

Circle where appropriate:

- MEMBERSHIP FEE \$50 Individual \$80 Family
- SENIOR OR UNDEREMPLOYED \$35 Individual \$60 Family
- DONATIONS • \$10 (or \$____) monthly automatic transfer from bank account. Please contact me for bank transfer information.
- a tax deductible donation of: _____
(charitable donation receipts will be issued)
- contact me to assist in various projects

Please make cheques payable to:

Crystal Mountain Society
Mail Form and Cheques to:

c/o Terry Frewer
1444 Argyle Ave.
West Vancouver BC
V7T 1C2, CANADA

Crystal Mountain is a non-denominational society based in British Columbia, Canada. Founded by students of Venerable Namgyal Rinpoche — a Westerner trained in the Theravada and Vajrayana Buddhist traditions — to promote the development of the wholesome, clear, interested mind through study, meditation, and compassionate work. Membership is open to anyone in sympathy with these objectives.

While recognizing the value and necessity of preserving and supporting traditional forms, our particular concern is with furthering the development of a Western expression of Buddha Dharma. Crystal Mountain sponsors teaching and retreats in Vancouver and on Galiano Island. www.crystallmountain.org