**Furnace Mountain Zen Center - Virtual Retreat Application**

During a virtual retreat all participants sit together throughout the entire retreat. The teacher (or teachers) leading the retreat will give encouragement through a talk each day and participants will have the opportunity to attend private interviews with the teacher.

Some people, including those who have been practicing for some time, may find the retreat schedule, including maintaining silence and physical stillness for long periods, challenging. Retreatants see, over and over, the mind’s incessant activity. Everyone is asked to make a great effort to sit still, attend sessions no matter how tired, and to continually give their best to staying present.

Some previous experience of sitting meditation is therefore helpful. If you have any concerns, or believe you have a pre-existing physical, emotional or psychological issue that could impact on your ability to participate in the retreat, please write us at office @furnacemountain.org and we will be happy to discuss your situation with you.

Admission to retreat is by application. To ensure that there is sufficient time for each participant to have an individual interview, retreats will be restricted to 16 participants. Priority for weekend retreats is given to those who are able to attend the entire retreat as well as those with previous retreat experience at Furnace Mountain or one of its affiliate centers.

**Application Process:**

* Please complete and return the information requested below.
* After you have completed and returned your application, you will receive a return email notifying you of your acceptance. This will include information regarding payment options.
* After payment has been received you will be sent confirmation of your registration. Please be aware that we will not reserve your space until payment has been received.

If you have any questions, please don’t hesitate to contact us at [office@furnacemountain.org](mailto:office@furnacemountain.org).

Please return your form to [office@furnacemountain.org](mailto:office@furnacemountain.org)

**Application Retreat for Virtual Retreat at Furnace Mountain**

**Retreat dates:** (please fill in the appropriate dates for the retreat for which you are applying.

All retreat dates can be found on our website [www.furnacemountainzen.org](http://www.furnacemountainzen.org)

Beginning date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Ending date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name:

Address:

Telephone:        Email:

Please describe your previous meditation and retreat experience:

Suggested minimum donation: $100.00

 Are you able to offer the full retreat fee? \_\_\_ yes   \_\_\_\_ no

If you are requesting financial assistance, please indicate how much you will be able to offer.   
$ \_\_\_\_\_\_\_ .

Would you like to contribute to our scholarship fund? If yes, how much would you like to offer?

$ \_\_\_\_\_\_\_ .

I hereby release the trainer(s), Furnace Mountain Zen Retreat Center, its trustees, and its members from any liability for any harm incurred as a result of my participation in the course.

(name)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_