



Contemplative Care Retreat Application Form

Hosted by the New York Zen Center for Contemplative Care, at Garrison Institute
January 15-18, 2009

CONTACT INFORMATION

First Name _____

Last Name _____

Home Address _____

Phone _____

Email _____

Emergency Contact Name _____

Emergency Contact Number _____

How did you find out about the retreat? _____

SELECT YOUR ROOM PREFERENCE (includes 4 days and 3 nights, and 3 daily vegetarian meals)

Single occupancy- \$460

Double occupancy- \$420

Triple/Quad occupancy- \$380

Commuter Rate for those not sleeping on site- \$280

Roommate Preference _____

A \$10-a-day-discount will be applied to those who do 'House Jobs' for 40-60 minutes a day while on site.

PAYMENT

A \$250 non-refundable deposit is due to hold your spot. Please send this form and a check to New York Zen Center for Contemplative Care 70A Greenwich Avenue, No. 333 NYC, NY 10011. The balance is owed on the first day of the retreat.

TRANSPORTATION

Please plan to arrive an hour before the retreat begins. The Retreat begins at 5 pm on Thursday, and the Retreat will end after lunch on Sunday.

Everyone will be responsible for their own transportation to and from Garrison Institute.

Directions to Garrison can be found at www.garrisoninstitute.org