



UNIFIED BUDDHIST CHURCH

BLUE CLIFF MONASTERY

YOUNG ADULTS RETREAT

March 12 - 17, 2012

With the Brothers & Sisters of Blue Cliff Monastery. In the tradition of Zen Master Thich Nhat Hanh.

“Even after we obtain all the conditions we believe are necessary for our happiness, we remain unsatisfied. So the question for those of us who want true happiness is, what can we rely on?”

The answer is simple and profound...

We should not rely on any object to give rise to the mind of enlightenment, the mind of love.”

- Thich Nhat Hanh, The Art of Power

Join us for the Annual Young Adults Retreat at Blue Cliff Monastery, NY. Leave the city behind, get a breath of fresh air, and celebrate awakened living with a lively group of young mindfulness practitioners amidst the forests and creeks of upstate New York.

In today's busy world, we all experience the stress, pressures, and expectations of daily life – overconsumption, overwork, uncertainty and anxiety about the future. How can we touch peace and freedom in the midst of all this?

This retreat offers us time and space to come together to disengage from all the busy-ness and begin to reclaim our freedom. With the tools of mindfulness practice, we will learn how to stop and listen more deeply to ourselves and others, to explore what binds us and what can make us more free. We will have the chance to share:

- relationship stuff (self-identity, communication, True Love),
- anxiety and uncertainty about the future,
- strong emotions (fear, anger, despair, loneliness), and
- our deeper aspirations and direction in life.

As a community we will practice sitting and walking meditation, sharing mindful meals, deep relaxation sessions, and Dharma talks given by senior monastics living at Blue Cliff. Activities will also include forest walks, circle sharing, and creative expression (music – bring your instruments! – skits, art, and so on). There will also be time for quietude and reflection. Everyone is warmly invited to enjoy and experience the healing and happiness of mindful living.

Never meditated before? No problem. This retreat is open for new and experienced practitioners alike (who are between the ages of 18 and 35). The special price for room & board is **\$100 - \$275 according to your means**. Accommodations-in dormitories or tents-will be assigned in order of registration.

Interested? Please fill out the registration form on the following page.

Transportation to and from Middletown bus/train station is provided by us on arrival day/Friday before 6:00 PM and on departure day. Contribution is \$15.00 each way for pick-up. Please add this to the contribution for accommodation. There will be no pick-up service on other days. After 6:00 PM, Please Call Pine Bush Taxi 845-283-8294 or Ellenville 845-647-6868 to arrive to BCM. For Stewart Airport, you can use Visconti Airport shuttle service at 845-567-3560.

3 Mindfulness Road, Pine Bush, NY 12566

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REGISTRATION FORM

Please type or print the requested information below clearly and mail/e-mail to us.

File Number

Which retreat are you registering to attend? :

CONTACT INFORMATION

Family Name :		Address :	
Given Name :		Town/City :	
Gender : <input type="checkbox"/> Male <input type="checkbox"/> Female	Age :	State/Province :	Postal Code :
E-mail :			
Telephone Number :		Mobile Number :	
Have you taken the 14 Mindfulness Trainings of the Order of Interbeing? <input type="checkbox"/> Yes <input type="checkbox"/> No		Date Received : / /	
Have you taken the 5 Mindfulness Trainings? <input type="checkbox"/> Yes <input type="checkbox"/> No		Date Received : / /	
Dharma Name :			

ARRIVAL & DEPARTURE INFORMATION

Arrival date :	Time :	Means of transportation : <input type="checkbox"/> Train <input type="checkbox"/> Car <input type="checkbox"/> Taxi
Departure date :	Time :	Means of transportation : <input type="checkbox"/> Train <input type="checkbox"/> Car <input type="checkbox"/> Taxi

ACCOMMODATIONS

- **Rate:** The contribution is towards food, lodging, utilities, and tuition per person per night and day.
- **Contributions to the Scholarship Fund:** Your generosity makes it possible for those in need to attend future retreats. Any amount would be appreciated.
- **Are you registering for anyone else?** If so, please enter their information below.

Last Name	First Name	Age	Gender	Amount
1.				
2.				
3.				
4.				
Contribution to Scholarship Fund (optional):				
Transportation:				
Total Due:				
Amount Enclosed:				
BALANCE DUE:				
Method of contribution: <input type="checkbox"/> Online Contribution <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Money Order		Please make checks payable to Blue Cliff Monastery . Contribution upon arrival is also possible.		

EMERGENCY CONTACT

First Name :	Are you or anyone traveling with you taking any medications at the moment? <input type="checkbox"/> YES <input type="checkbox"/> NO If yes, please specify:
Last Name :	
Relationship :	
Tel. :	
Mobile :	Doctor's Name :
E-mail :	Doctor's Tel. :

LIABILITY WAIVER: The following signature indicates that I relieve Blue Cliff Monastery from all liabilities in the event of any injury or illness incurred while visiting Blue Cliff Monastery. I understand that meditation is a complement but not a substitute for psychological drug treatment.

Signature:	Date : / /
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