

Ekayana-Retreat house *Grüner Baum*

Ekayana gGmbH
Raitenbacher Str. 17
D-78853 Lenzkirch

Registration for the Retreat

First Name: Surname:
Street: House Number:.....
Zip code:..... Place: Country:
Date of birth: Phone:
E-mail: Nationality:.....

You will need prior agreement with Lama Tilmann or lama Johann is before booking on a retreat.

This application is on the recommendation of Lama Tilmann Yes () No ()

This application is made on the recommendation of Lama Johann Yes () No ()

In consultation with Lama Tilmann/Johann, I would like to take part in the three month Retreat:

Date: From..... until.....

For me possible periods would be: From..... until.....

In the case of special arrangements, if it is not a three-month retreat:

Lama Tilmann/Johann recommends a stay of Weeks/ Months

Lama Tilmann/Johann recommends as a period of stay From..... until.....

For info: The retreat is about deepening your practice and not about living together with the Lamas. Continuous availability of the caring lamas is not always possible.

In case of emergency (During the Retreats) Person to contact:

	Name	Name	Phone. No.	Email address
1st person
2nd person

Details of my Health Insurance :

Payment In the event of a commitment

Together with a commitment from our site, you will be sent an invoice. The deposit of 30% of the total Retreating will be due immediately, the remaining amount of the latest 10 days before retreat begin. With the deposit you confirm the commitment on your part. If the payments are not made on the dates stated in the invoice, we reserve the right – after a brief notification by email – to place the seat on a different practitioner (s).

If there is on your part to a rejection of the Retreats, we reserve the deposit as a cancellation fee.

In case of early departure from the retreat we reserve us before, No cost refund.

Conditions of participation and disclaimer

- I have the House rules for a stay in the Green tree carefully read and will hold me to you.
- I have the questionnaire „Questions about bless you“ truthfully filled in.
- I am aware that the retreat participation at your own risk is done and The Ekayana gGmbH assumes no liability.
- I assure that all the above made Information is true. Should be up to retreat start Changes, I will tell you.

I hereby sign up for the aforementioned retreat.

My Registration is binding.

When I no longer interested in participation, I give immediately a written Feedback by email to note Places for other practitioners to block.

Comment: We will be about 6 months before retreat start Contact you as soon as it is confirmed whether we have an offer for a space. Please refrain from inquiring with us before. If we can't offer you a place to retreat, you will Also Within this period.

Place: Date: Signature:.....

We treat your data according to our Privacy policy, Which you can see on our homepage.

Health questions

Confidential information for the Lama

First name.....

Surname

In the retreat, there may be intensive internal processes. In order to provide good care, it helps us to be informed about your physical and mental condition. Please answer the following questions:

1. Are there any physical or mental restrictions/illnesses/disorders that are relevant for the retreat? Yes () No ()
If so, please provide further information:

2. Are you in medical or psychotherapeutic/psychiatric treatment? Yes () No ()
If so, please provide further information:

3. Do you take regular medication? Yes () No ()
If so, please provide further information:

4. Have you had any relevant physical or psychological preconditions/addictions/surgeries in the past for the retreat /Allergies Etc.? Yes () No ()
If so, please provide further information:

Confidentiality: This sheet remains with the Lama taking care of your retreat and will be destroyed after 3 years.

House Rules For your stay in Grüner Baum

As you may already know, a Grüner Baum retreat should be preceded by the mature desire to develop the spirit of awakening and earnestly deepen one's practice.

The following agreements have proven to be effective and protect not only your own practice but, above all, the practice of others.

1. Arrival and departure, preparations

- Please keep the agreed dates and times for your arrival and departure.
- Get everything you need in terms of clothing, medication, toiletries and special foods for the planned period. During the retreat there will not be an opportunity for personal purchases.
- Go to the dentist beforehand and take care of similar pre-treatments so that during the retreat no foreseeable medical visits or similar are necessary.
- Before the retreat begins organise your return ticket.
- Ensure that all important things are related to your social environment (family, friends Etc.) are clarified. (See point 3)
- Upon departure, the room and the windows must be cleaned carefully and any changes made to the furnishings should be brought back to their original condition.
- Please report any damages in the office.

2. Behaviour concerning Dharma practise in Grüner Baum

For the entire duration of your stay, you are required to:

- To correctly observe the daily schedule, including eating times and night's sleep,
- To be in your room or outside 5 minutes before the start of the practice period (do not run through the house),
- Please be quiet if you are engaging in a conversation in your room out of respect for your neighbours,
- To behave respectfully and appropriately in the meditation room at all times.

3. External contact: mobile phone, internet

External contact only takes place via mail and letter. This means in concrete terms:

- Do not use Mobile phones or Internet etc. (preferably remove the SIM Card from your phone and turn off your computer directly on arrival).
- The office computer is not available for personal e-mails etc..
- Es no external visits are possible.
- Availability:** In urgent cases a message can be left on our answering machine. This is checked three times a day. Telephone number: **07653 21 70 469**

4. Cooperation and care in the house

Living together in a retreat house like the Grüner Baum works only with the cooperation of everyone.

- You will need to participate in the tasks involved (cooking, cleaning, etc.) - as prescribed by the house team.
- Please keep your room clean and treat the property of the retreat with care.

5. Dealing with resources and furnishings

The Green Tree is run on the basis of donations and by volunteers. We assume that as a recipient of this generosity you express too will express your respect and mindfulness by:

- a Careful and appropriate handling of our high-quality foods,
- be efficient with heating, electricity and water,

Caring for the furnishings and all electrical appliances (e.g. vacuum cleaners, washing machines and kitchen appliances),

No candles and/or Use incense are to be used in the rooms.

Attention! Many rooms have Wall Heating! Don't put nails in the walls! In case of damage, those responsible will be liable for the repairs.