

Shasta Abbey Retreat and Guest Application

Please make your application at least ten days in advance.
If this is not possible, please call the Guestmaster at phone# (530) 926-4208

The information requested here helps us to prepare for your stay, and is confidential.

Today's Date: _____

Name: _____

Age: _____ Gender: _____

Email address (please print carefully): _____

Street Address, City, State, Zip Code:

Telephone Number: _____

The retreat I would like to attend is _____

I plan to arrive on the date of _____ at (time) _____,

traveling by (circle one) car bus train.

1) Please describe briefly your previous experience with meditation and/or Buddhist training, adding any other information about your religious background which might be helpful.

2) We have found that experience in certain spiritual and psychological activities and disciplines may sometimes influence a person's training in Buddhism. Please describe briefly any experience you have had in the areas of therapy, the healing arts, channeling or divination.

3) Please tell us something about the reason you want to attend an Introductory Retreat at Shasta Abbey.

4) It is helpful for us to know in advance about whatever health problems you may have, so that we can adjust for any physical limitations or dietary needs they may require during your stay at Shasta Abbey. Do you have any allergies, physical disabilities or limitations, or medical problems? (Please describe.)

In addition to information about allergies, etc., please list medications you take regularly and for what condition.

Medication	Condition
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4) Do you snore loudly enough to awaken a roommate?

If you currently have (or should come down with or be exposed to) any communicable disease which may still be contagious during your planned visit, please call the Guestmaster to discuss your situation. This would include colds, flu, streptococcal sore throat, measles, chicken pox, tuberculosis, hepatitis, AIDS.

In sending this application, I am verifying that I have read the Shasta Abbey Rules for Lay Trainees and I agree to follow them during my visit to Shasta Abbey.

Signed: _____ Date: _____

If this is your first visit to Shasta Abbey, please remember to bring identification such as a driver's license or identity card; foreign visitors need to bring documents verifying legal entry into this country