

faxable form
to T'HONDUP LING registrar

TEHACHAPI, CALIFORNIA
July 16-19, 2009



SEVENTH ANNUAL TAGSHAM YESHE TSOGYAL RETREAT

Led by His Eminence Namkha Drimed Rinpoche

Please complete this form and fax it to 323-953-0110

RETREAT SCHEDULE

The Yeshe Tsogyal Retreat begins with the Empowerment at 5 PM, Thursday, July 16. The Retreat concludes early evening Sunday, July 19
*Special Fire Puja on Monday, July 20. Please inquire upon registration if you wish to attend.

Sunday sleep-over adds \$25 Members / \$35 Non-members
Partial attendance by permission only. All retreatants must pre-register by July 3, 2009

*Special Fire Puja on Monday, July 20 is sponsored by Ari Bhöd. Separate registration required. Please inquire upon retreat pre-registration if you wish to attend. **No shuttle available for empowerment or partial retreat attendance. You must drive up mountain road, 4X4 recommended.

Include your total fee payable to T'hondup Ling. **Important:** Your space will be reserved when your registration form and payment are recorded and you receive a confirmation from T'hondup Ling. For registration information, please call 323-953-0755 or email thondupling@yahoo.com or visit www.thondupling.org/pages/ytr2009.html

name _____ address _____

city, state, zip _____

email _____ phone (work) _____ phone (home) _____

credit card no. _____ type (visa or MC) _____ exp. _____

Emergency Contact

name _____ phone _____ relationship _____

Accommodations

are you? male female

does anything preclude you from being in a mixed-gender room? yes no

roomate preference _____

accommodation preference camping open cabin dormitory

are you a vegetarian? yes no

do you have any dietary restrictions? yes no
please list _____

do you have any medical needs or mobility restrictions? yes no

please provide any information that will assist in accommodation assignment _____

do you have any health conditions that we should be aware of? yes no

are you taking any psychiatric medication? yes no

if yes, please list _____

RETURN TO THE REGISTRAR WITH RESERVATION FORM

This retreat will be held at Ari Bhöd, *The American Foundation For Tibetan Cultural Preservation*, Tehachapi. Ari Bhöd is a non-profit foundation dedicated to preserving the sacred cultural heritage of Tibet. Ari Bhöd was founded by the Venerable Lama Chödak Gyatso and friends to honor a deep commitment to preserve the ancient Vajrayana teachings from both a practice and academic perspective. It is our goal to create a living storehouse of ancient treasures, preserved intact, maintained and practiced.

Most of our work is done by volunteer staff, which includes the ongoing renovation and building of the retreat center. While we have all come to Ari Bhöd Tehachapi to receive blessings and accumulate virtue, we request that your actions of body speech and mind be consistent with the Six Perfections. To help fulfill Ari Bhöd's aspirations, we ask that all guests observe the following guidelines.

TOBACCO AND DRUGS

Tobacco products of any kind (including chew), smoking of any kind, or illegal drugs are forbidden on the land.

SAFETY

As our renovation and development continues, there will be periods of heavy equipment use, and there will be tools and other equipment around the property. While you are welcome to explore the property, much of our land is undeveloped, and there may be crevasses and similar hazardous conditions on the property that we are not aware of. We are surrounded by forest, and various species of wild animals, including bears, mountain lions, deer, raccoon, rattlesnakes, ticks that carry lyme disease and spiders live on or near our land. There is an unfilled pool next to the Shower House and access is unrestricted. Finally, do not drink water from the stream. Please be mindful during your stay at Ari Bhöd, taking the necessary precautions to avert accidents or mishaps.

CHILDREN

We ask that parents who bring their children to Ari Bhöd take full responsibility for their welfare. Children must be supervised at all times. Ari Bhöd will not be able to provide child-care facilities or services at this time. If you are participating in a retreat, we suggest that you arrange for a full-time child-care provider to be with your child at all times. Children are not permitted in the kitchen or workshop areas.

HEALTH CARE

While there will be a registered nurse on the premises at all times during the retreat, the nearest health care facility is 4 miles away in the town of Tehachapi. We have various first aid supplies, but do not have our own medical facility. Sometimes visitors with medical or alternative health care training may offer help or advice. If you choose to accept their help, please understand that they are acting entirely on their own initiative and not on behalf of, or under the direction of, Ari Bhöd.

MAINTENANCE

While you are here, we ask that you help us maintain the sanctity of the environment as a pure land. If you see trash on the ground, please pick it up and place it in the nearest trash receptacle. Your assigned area is also your responsibility to maintain while you are here. It is important you do not store food in your living area as this will draw animals. We appreciate your effort to help keep Ari Bhöd pure and clean.

KITCHEN AND DINING HALL

No one is permitted in the kitchen unless authorized to be there by a Retreat Director or Head Cook on duty. No kitchen utensils or equipment should be taken out of the kitchen without the approval of the Head Cook. Due to the danger of wild animals, no food should be stored in any other area of the camp. We will provide a storage area for those who have special dietary requirements and need to bring their own food, or snacks in general. Be sure these are put in a small, marked package with your name on it.

SEPTIC SYSTEM

Only toilet paper made specifically for septic systems may be flushed down the toilette. Please place all sanitary items in the trash receptacles provided in each bathroom. Please do not flush sanitary items down the toilette, as this could permanently damage the septic system.

USE OF THE SHRINE ROOM

The shrine room is always open to anyone for meditation practice. Please turn off the lights if you are the last one to leave. It is important to maintain an attitude of respect and decorum in the shrine room. This includes sitting

cross-legged or with your legs folded under you to one side, and in all cases with your feet pointed away from the lama or the shrine. Do not step over meditation benches, texts, holy objects, or fellow practitioners Children are welcome in the shrine room as long as they are not noisy and don't run around. They should sit with you and may occupy themselves with a quiet toy or book. This also applies when the shrine room is not occupied, as it is a sacred place of practice.

FIRE HAZARDS

Please mindful of potential fire hazards. While the climate may be wet, fire is a very serious issue. Please do not burn incense or candles. Outside campfires are only allowed in amphitheater and with the permission of the Camp Director or Lama Gyatso. Cutting down of trees for any reason without authorization is not allowed.

ENERGY CONSERVATION

Please be mindful about energy conservation by turning out the lights when you leave the room.

LAMA'S RESIDENCE

The Lama housing area is off limits to all residents, unless authorized by the Retreat Director.

PHONE

No one is allowed to make long distance phone calls on the Ari Bhöd phone. Only Tehachapi area calls are local.

Signed_____ Date_____

Printed Name_____

VOLUNTARY PARTICIPATION

1. I acknowledge that I have voluntarily applied to participate in the retreat described on page one of this form, referred to below as "this retreat", at the premises of Ari Bhöd, located at 16175 Paradise Valley Road, Tehachapi, California.

ASSUMPTION OF RISK

2. I am aware that participating in this event may involve strenuous physical activities such as work meditation, as well as risks associated with hiking in a rural setting, including contact with poison oak and wildlife. I am also aware that this is an intensive meditation retreat and that participants in such retreats may experience intense and unusual psychological, spiritual and/or physical state of mind and body arising from meditation and associated activities. I am voluntarily participating in these activities with full knowledge of the risks involved, and hereby agree to accept any and all risks of harm that may result from these activities.

3. If you are under psychiatric care, please consult with you health care provider before attending this retreat.

RELEASE

4. In consideration for being permitted by Ari Bhöd or one of its affiliates to participate in this retreat and use their facilities, I hereby assume all risks in connection with my participation in this event for any harm, injury or damage that may befall me or my property, including all risks connected therewith, whether foreseen or unforeseen. I further agree to completely release, discharge and hold harmless Ari Bhöd, T'hondup Ling, Chagdad Gonpa Foundation, its affiliates, employees agents or volunteers from any claim, demand or lawsuit for personal injury, property loss or damage, or wrongful death, by me, my family, estate, heirs, or assigns arising out of my participation in the retreat, my presence at the Center, or during my travel to or from the Center, including both claims arising during the activity and after it.

5. I am over the age of eighteen and legally competent to execute this Waiver and Release of liability. I understand that the terms herein are contractual and nor a mere recital, that this document is legally binding, and that I have signed it of my own free will.

I HAVE FULLY READ AND INFORMED MYSELF OF THE CONTENTS OF THIS WAIVER AND RELEASE, AND ASSUMPTION OF RISK BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS

Signed_____ Date_____

Print Name_____