

## Participating in a Retreat at Furnace Mountain

**Getting here:** If you are arriving by public transportation and will need pick-up and drop-off service, please contact us *before you purchase your ticket*. There is a fee for pick-up and drop-off service, to be paid directly to your driver. If you are flying into the area and are not able to arrive at least three hours prior to the beginning of a retreat, or depart at least three hours after the end of the retreat, please consider renting a car. We have a very limited staff and may not be able to pick you up or get you to the airport for your flight if you arrive or depart outside of these time frames.

**Accommodation:** Accommodations are single-sex shared rooms. Bedding is supplied. The cost of accommodation is included in the retreat fee.

**Meals:** Retreatants will share in the preparation of delicious and nutritious vegetarian meals. With our small kitchen we are not able to accommodate the many varieties of dietary preferences: vegan, high protein, gluten free, low carb., etc., so if you have special dietary needs you may wish to bring some supplementary snacks for yourself.

**Please bring:** A towel, personal toiletries, medicines, an alarm clock, a flashlight, comfortable clothing, raingear and outdoor shoes or boots; the trails are rough and can be muddy in wet weather. Closed-toed shoes are recommended. Sitting cushions, mats and chairs are provided in the temple, but please bring your own cushion, bench or chair if you have particular needs. Please wear dark colored clothing (black, brown or grey) in the temple and dress modestly: no shorts, stretch or yoga pants or tank tops.

**Work period:** Morning work period involves cleaning tasks and outside work, so please bring spare clothing appropriate for manual work.

**Dana:** It is customary to offer an additional contribution in appreciation of the work of the teacher who leads the retreat. This can be in the form of a separate check to the Lexington Zen Center with “teacher dana” in the memo line.

**Pets and Electronics:** Please do NOT bring pets to retreat. If you arrive with a pet we will have to ask you to leave and return after you have made other arrangements for your pet. There is no public internet access at Furnace Mountain. Please do not bring cell phones into the temple.

**Four Agreements:** During most retreats we ask all participants to follow our four agreements:

1. **Be still:** sit still in the temple. Outer stillness supports the mind’s stillness.
2. **Be silent:** observe silence in and outside the temple. Outer silence supports inner silence.
3. **Don’t look around:** keep eyes down and allow one another the psychological space to meditate without interference or intrusion. We support our own practice by remaining inwardly focused.
4. **Do your best:** we seek to create an atmosphere where each person can wholeheartedly enter this inquiry into our human existence and we support one another by giving our best energy to the practice.

# FURNACE MOUNTAIN ZEN RETREAT CENTER

## RETREAT REGISTRATION FORM

**Retreat dates:** September 14th, 7:30pm through September 16th, 1:00pm

**Cost:** \$200 for the full retreat (includes 3% Powell County Tourism tax). There is an “**early bird rate**” of \$180 if you register for the full retreat and **we receive your registration form and payment by August 20th.**

Name: .....

Address: .....

Telephone: .....

Email: .....

Expected arrival date and time: .....

Expected departure date and time: .....

Food allergies: .....

I hereby release the trainer(s), Furnace Mountain Zen Retreat Center, its trustees, and its members from any liability for any harm incurred as a result of my participation in the course.

(name)\_\_\_\_\_ (date)\_\_\_\_\_

Contact name and no. in event of emergency: .....

Payments cannot be refunded if cancellation is made within 7 days of the retreat.

If you have any questions, please don't hesitate to write [lexingtonzencenter@gmail.com](mailto:lexingtonzencenter@gmail.com).

Mail to: *RE: Lexington Zen Center, 198 Hiawatha Trail, Georgetown KY 40324*