



*Personal Retreat Application*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Proposed Retreat Dates: Begin \_\_\_\_\_ End \_\_\_\_\_

During a personal retreat you should plan on minimal contact with other people and minimal use of electronic devices. Please bring your own food. You are welcome to use the kitchen to store, prepare, and eat your food, and are asked to clean up after each meal. Linens are provided. At the end of your retreat please strip the bed and leave the used linens on top of it. You do not need to clean your room, but please leave it, as well as the bathroom and kitchen, in a neat and tidy condition.

Please fill out this form and email it to [contact@annarborktc.org](mailto:contact@annarborktc.org) at least seven days before the anticipated start of your proposed retreat. You will be notified whether your application is accepted.

1. How long have you been a Buddhist practitioner? Have you taken refuge? Which practices do you do?

2. Please tell us why you would like to do a personal retreat at AAKTC.

3. Please describe the practices you intend to do during your retreat and provide a draft schedule for a typical retreat day. If you would like help from us in designing your retreat please indicate that here.

4. Are you affiliated with the Ann Arbor KTC or another KTC? If not, what centers are you affiliated with?

5. Have you ever done solitary retreat? If so, when, where and for how long?

6. What other retreats have you done? If so, when, where and for how long?

**The following questions are asked because it is important that you consider and we know what emotional issues you may encounter in an intensive solitary retreat situation.**

7. Do you have or have you had any mental health conditions or substance abuse problems? If yes, please describe, including how you plan to work with this during your retreat.

8. Have you ever been convicted of a felony or placed on probation? If yes, please describe.

9. Do you have any physical limitations that we should be aware of?

Please provide contact information for two practicing Buddhists (one of whom should be your teacher), who know you well enough to recommend you as a retreatant. If you are not a practicing Buddhist, please provide contact information for two people who know you well enough to describe the spiritual strengths and weaknesses that you would bring to the retreat experience

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please provide contact information for two persons who can be notified in the event of an emergency.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Your Signature \_\_\_\_\_ Date \_\_\_\_\_