** **PERSONAL RETREAT APPLICATION FORM**

Recent Photo

近照

**个人禅修申请表格**

*This form is to be completed by yogi applying for personal retreat with guidance or first time doing self retreat*

*without guidance.*

*欲申请个人禅修，包括需要或不需要褝修指导皆须填写此表格*

*\*You must have sufficient meditation experience, It is a must that you have ever completed two or more residential meditation retreats of minimum 10 days in each session, under Venerable Sayalay Susila or other competent teachers*

*具备有足够的禅修经验。即一般上曾参加过二次以上十日的禅修营，且由善戒法师或其他被认证的禅修老师教导过。*

I wish to apply for Personal retreat without guidance. Name of referee: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

我想要申请 无老师指导之禅修 推荐人

Personal retreat with guidance by assistant teacher.

有老师指导之禅修

I wish to stay from dd/mm/yy \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ number of days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

禅修日期(日/月/年) 天数

**1. PERSONAL DETAILS 个人资料**

|  |  |  |  |
| --- | --- | --- | --- |
| FULL NAME  姓名 |  | RELIGION  宗教 |  |
| GENDER  性别 | MALE / FEMALE  男 ／女 | CURRENT AGE  年龄 |  |
| NATIONALITY  国籍 |  | OCCUPATION  职业 |  |
| MARITAL STATUS  婚姻状况 | SINGLE / MARRIED / DIVORCE  单身／已婚／已离异 | DATE OF BIRTH  出生日期 |  |
| HOME ADDRESS |  | TELEPHONE  电话 | OFFICE :  办公室 |
| 住家地址 |  |  | HOME :  住家 |
|  |  |  | H/PHONE :  手机 |
| EMAIL ADDRESS  电邮址 |  | | |
| NRIC NO / PASSPORT NO and VISA EXPIRY DATE  身份证/护照号码和签证期限 |  | | |
| NAME & ADDRESS OF BUDDHIST ORGANISATION ASSOCIATE WITH  参与之佛教团体及地址（如有） |  | | |

**2. MEDITATION INFORMATION 禅修资料**

|  |  |
| --- | --- |
| PLEASE STATE TYPE OF MEDITATION METHOD USED.  现在使用之禅修法门 |  |
| FOR HOW LONG HAVE YOU USED THIS METHOD?  已使用此禅修法门多久？ |  |
| WHO IS YOUR CURRENT MEDITATION TEACHER, IF ANY?  现在的禅修老师是谁？（如有） |  |
| DETAIL OF YOUR PAST MEDITATION RETREAT (minimum 10 days)  过去之密集禅修经验 | Teacher老师 Type法门 Duration时间 When何时  1.  2.  3.  4.  5. |

**3. MEDICAL HEALTH DETAILS 健康状况**

|  |  |
| --- | --- |
| PLEASE STATE MEDICAL CONDITIONS *(IF ANY)* FOR EXAMPLE, HIGH BLOOD PRESSURE, KIDNEY / HEART PROBLEMS, ASTHMA, DIABETICS, ETC.  有任何严重疾病吗（如高血压、肾病、心脏病、哮喘、糖尿病等） | ，  YES是  NO否 |
| DO YOU SUFFER FROM DEPRESSION, ANXIETY OR ANY OTHER MENTAL ILLNESSES  是否有忧郁症、焦虑或其他精神病状况？  IF YES, ARE YOU UNDER MEDICATION FOR SUCH ILLNESS?  若有，是否正在服药？ | YES是  NO否  YES是  NO否 |

**4. CONTACT PERSON IN CASE OF EMERGENCY 紧急联络人**

|  |  |  |  |
| --- | --- | --- | --- |
| NAME  姓名 | MR 先生  MS 女士 | HOUSE ADDRESS  住家地址 |  |
| RELATIONSHIP  关系 |  | EMAIL ADDRESS  电邮址 |  |
| HOUSE TELEPHONE  住家电话 |  | HANDPHONE  手机 |  |

1. **RESUME ABOUT YOURSELF , include :-**

Family background, Education background, Spiritual background, your personality and purpose of retreat at Appamda Vihari.

个人覆历，包括家庭、教育、宗教背景，个性及来正勤乐住禅修中心禅修的目的

**I hereby declare and acknowledge that: -**

* I shall observe 8 precepts and practice noble silence during my stay in AVMC.

在正勤乐住禅林禅修期间我将遵守八关斎戒和圣默然的规约。

* I have read, understand and shall strictly abide to the rules and regulations of AVMC.

我已经阅读及了解禅修期间之规则，並将遵守此规则。

* I shall not hold AVMC responsible for my conduct that is contrary to its rules and regulations.

我同意正勤乐住禅林将无需为我不遵守规则的行为负责。

* I shall not hold AVMC liable for any mishap due to my own negligence during my stay in AVMC.

我同意正勤乐住禅林将无需为因我自身疏忽造成的意外负责。

* AVMC reserves the absolute right, in exceptional circumstances, to require a yogi to leave at 24 hours’ notice. This right shall be exercised in the best interest of AVMC.

正勤乐住禅林有权在特定情况下要求禅修者于24小时内离开禅林。此权利的行使主要为照顾禅林的整体利益。

|  |
| --- |
| **PLEASE EMAIL THIS FORM TO :** appamadavihari@gmail.com.  **NOTE:** Tick where appropriate, write “N/A” where not applicable, delete the irrelevant option.  **FOR ENQUIRIES**: email **appamadavihar**i@gmail.com.  **APPROVAL**: You will be notified through email when your application is approved..  **DANA**: All retreats expenses, building maintenance..etc survive on dana, we appreciate your donation, please download the dana form [www.sayalaysusila.net](http://www.sayalaysusila.net) (under retreat section) and submit to us..  **MAP TO VENUE**, Please visit [www.sayalaysusila.net](http://www.sayalaysusila.net) (under retreat section) |

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, agree to abide by all the rules and carry out the daily duties during the retreat period.

本人\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_,同意遵守禅修期间的规约，並履行出坡的义务。

Signature:

签名：

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date

日期: