** **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: