

# UNIBUDS Summer Retreat 2012

## Registration and Consent Form

### Reaching Equanimity

#### Personal Details (please highlight Yes/No)

Name		
Gender	Male	Female
Contact No.		
Email Address		
UNIBUDS Member?	Yes	No

#### Retreat Preference

# Undertake Eight Precepts?	Yes	No
Transportation preferences	Arrange by organisers	By own transport

**NOTE:** As a sign of respect to the Monastery, attendance and arrival times have been limited to the above option to minimise interruptions and inconveniences. All participants **MUST** arrive at the start and stay until the end of the retreat on Sunday.

#### Emergency Contact:

Contact Name	
Contact No.	

I, \_\_\_\_\_ read and understood the itinerary and risk involved in joining the UNIBUDS' Sumer Retreat 2012. I am responsible for my health and safety and will not hold the organisers, UNIBUDS or Hwa Tsang Monastery liable for any damage or injury sustained.

I also give permission to UNIBUDS to use photographs taken during this retreat for UNIBUDS promotion purposes.

\_\_\_\_\_  
Signature & Date (Print Name in Capital Letters)

Please email form back to [sr.unibuds@gmail.com](mailto:sr.unibuds@gmail.com) to secure a place in Summer Retreat!

# Attendees will be required to uphold the **Five Precepts**:

- 1) Refrain from killing
- 2) Refrain from stealing
- 3) Refrain from lying
- 4) Refrain from sexual misconduct
- 5) Refrain from use of intoxicants.

In addition, attendees can also opt to undertake the **Eight Precepts**, which are the Five Precepts plus three more Precepts:

- 6) Refrain from eating at the wrong time ("right time" is after sunrise and before noon, i.e. no dinner)
- 7) Refrain from entertainment and cosmetics
- 8) Refrain from sitting on high chairs and sleeping on luxurious beds.