

# UNIBUDS' WINTER RETREAT 2014

## Registration and Consent Form

### Personal Details

Name	Please PRINT your surname
Gender	
Contact Number (Mobile)	
Email address	
UNIBUDS member?	Please indicate YES or NO

### Retreat Preference

Undertaking the Eight Precepts?*	Please indicate YES or NO
Transportation	Please indicate either "Arranged by organisers" or "By own Transport"

**NOTE:** As a sign of respect to the Monastery, participants must attend the full retreat for 3 days and 2 nights. Priority will be given to UNIBUDS members who are able to attend the full retreat, followed by non-UNIBUDS members who are able to attend the full retreat. All applications are accepted on a first-come-first-serve basis.

### Emergency Contact

Contact Name	
Contact Number	

## CONSENT

I, \_\_\_\_\_, consent to joining UNIBUDS' Winter Retreat 2014. I agree to uphold the Five or Eight Precepts throughout the retreat. I am responsible for my health and safety and will not hold the organisers, UNIBUDS or Sunnataram Forest Monastery liable for any damage or injury sustained.

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

Please email this form to [wr.unibuds@gmail.com](mailto:wr.unibuds@gmail.com) to secure a place in UNIBUDS' Winter Retreat.  
We will contact you to confirm your place in UNIBUDS' Winter Retreat.

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

- 1) Refrain from killing.
- 2) Refrain from stealing.
- 3) Refrain from sexual misconduct.
- 4) Refrain from lying.
- 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 taking food after midday.
- 7) Refrain from sensual entertainment and bodily decorations.
- 8) Refrain from using high or luxurious beds.

Practice of the **Eight Precepts** during the Retreat would be from Saturday morning to Sunday morning as the undertaking commences before sunrise and concludes at the next sunrise.