Return of the Light Rooted and Rested Down Retreat

December 29, 2021-January 8, 2022

Orientation 6pm Tuesday, December 28

Tsok and Completion 9am Saturday, January 9

For more information see [Janet’s Meditation Retreats webpage](http://www.janetevergreen.com/meditation-retreats/)

Name:

State/Province:

Telephone Number:

Email:

Birthdate and Age:

Familial Status:

Emergency Contact Person and phone number:

These are the possible choices to attend, check your intention for attendance:

\_\_\_\_ I am registering for the whole 10 days

\_\_\_\_ I am registering for the first five days

\_\_\_\_ I will attend all of session one: Qigong

\_\_\_\_ I will attend all of session two: Anapanasati

\_\_\_\_ I will attend all of session three: Dreamtime

\_\_\_\_ I will attend the first five days of session one: Qigong

\_\_\_\_ I will attend the first five days of session two: Anapanasati

\_\_\_\_ I will attend the first five days of session three: Dreamtime

Or I will need to miss these times \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

\_\_\_\_ Check if you text message.

\_\_\_\_ Check if you are willing to share your phone and email contact. During Zoom if we lose connection this can be helpful.

\_\_\_\_ Check if you understand this is a somatic-based teaching and experiential inquiry. Acknowledging that you take responsibility for your own mental health and wellbeing during this class.

\_\_\_\_ Check if you agree to uphold confidentiality for your cohorts.

\_\_\_\_ Check if you agree to follow the *Five Precepts*, now called 5 Mindfulness Trainings.

[5 Mindfulness Trainings](https://plumvillage.org/mindfulness-practice/the-5-mindfulness-trainings/)

See link for beautiful article by Thict Nhat Hahn.

The Five Mindfulness Trainings have their root in the *Five Precepts* offered by the Buddha. They have been expanded and updated so that they represent a way to bring mindfulness into every area of life. Rather than hard and fast rules, they offer us a framework to reflect on our *actions*, *speech* and *thinking* so we can create more happiness for self regulation and for the world around us.

*Please answer the following questions:*

What is your intention for this retreat?

When you reflect on attending this retreat is there any relevant history you’d like to share?

This retreat is for those who have studied with Janet or Jay before. Have you studied with Jay or Janet?

Have you attended our five or 10 day retreat previously? If so, what year?

Do you have any health concerns you’d like to share?

How often, approximately, do you meditate each week?

Have you ever participated in an online retreat before?   
What will help you make the most of this one?

How much water do you drink daily?

(A helpful formula is to take your weight in lbs, divide that number by half. That is how many ounces per day will best support your brain and body.)

What is your alcohol intake weekly?

Do you use Plant Spirit medicines, for example marijuana, CBD, ayahuasca?

What or who supports you in centering and personal growth?

(Example: walks in nature, therapist, family, yoga or other movement).

Please list any special needs or interests you have to support your intention during this retreat?

Is there one meditation or dharma book you would like to read 10 minutes a day?

Anything else you would like to share or ask that is relevant to this retreat?

*Please return this form to Taylor LoGrasso by email to* [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com) *to finalize registration or US mail to 115 Riverbluff Circle, Charlottesville, VA 22902*

*Thank you*

*Retreat Team: Janet, Howie, Jay and Taylor*

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Taylor LoGrasso (203) 918-7528 [tlograsso26@gmail.com](mailto:tlograsso26@gmail.com)

Jay DeMaio (434) 882-1437 [jaydemaio@hotmail.com](mailto:jaydemaio@hotmail.com)

*These teachings are offered on a donation basis. Donations will be sent to INEPE School, an inspirational holistic, spiritual and cultural center for children of the barrios in South Quito, Ecuador. See* [Janet's website](https://janetevergreen.com/inepe/) *for more info about INEPE and use PayPal or send checks made out to Open Hands (with INEPE in memo). Donations are tax-deductible.*