



# 2019 MONASTIC ANNUAL RETREAT

Led by the Abhayagiri Community  
December 6-15, 2019 at Applegate Retreat Center, Applegate, CA

Abhayagiri Monastery in Redwood Valley, California and the Sanghapala Foundation invite you to join Luang Por Pasanno, and others from the Abhayagiri Community for a 10-day retreat in December.

We will create a monastery environment during our time together, and we offer you this opportunity to explore the Dhamma in a setting that differs somewhat from a typical meditation retreat. We will all live the monastery life, following the Eight Precepts, taking only what is offered, and attempting to reflect on our every activity as part of our practice. This will include noble silence, morning and evening chanting, sitting and walking meditation, a work period, and daily Dhamma talks and teachings.

The retreat will be held from **Friday afternoon, December 6th, through Sunday morning, December 15, 2019**, at the [Applegate Jesuit Retreat Center](#), near the Sierra foothills. It's a beautiful, very private 350-acre center, nestled in California's historic gold country. The closest airport is Sacramento, about 50 miles SW of the center.

Because of the length of this retreat and the adherence to the Eight Precepts, you must previously have sat at least one five-day meditation retreat. Retreatants are requested to attend the entire retreat, from registration time to the closing ceremony on Sunday morning at approx. 11am. The facility is accessible for people in wheelchairs. We are unable to accommodate special dietary or environmental needs. We will eat a hearty breakfast and, in keeping with this monastic tradition, the daily meal (vegetarian) is eaten before noon; there is no evening meal or use of kitchen. Incense and candles are used at the morning and evening chanting periods. *Note that this is a double-occupancy rooming setup* (there are only a few single rooms available for elders and those with serious medical conditions). This is a beautiful center with comfortable accommodations. Camping or trailers are not possible for our retreat.

The retreat will be offered solely on *dana* (freewill donations); there is no set fee.

Registration/lottery is open July 15 – August 15, 2019 and applicants will be notified early September. Please note: no deposit refunds after October 31, 2019. Thank you for your understanding.

Information about Abhayagiri Buddhist Monastery is available at [abhayagiri.org](http://abhayagiri.org)

# 2019 RETREAT REGISTRATION

## Monastic Annual Retreat

December 6-15, 2019 at Applegate Retreat Center, Applegate CA

**Registration/lottery open July 15- Aug 15, 2019. (Applicants will be notified early September.)**

Name \_\_\_\_\_

City/State where you live \_\_\_\_\_

Telephone number \_\_\_\_\_

Email address (print clearly, this is how we will reach you!) \_\_\_\_\_

Gender \_\_\_\_\_ Age \_\_\_\_\_ (needed for room assignments)

Have you previously attended a five-day or longer silent meditation retreat? \_\_\_ Yes \_\_\_ No

Have you previously attended a ten-day or longer monastic meditation retreat? \_\_\_ Yes \_\_\_ No

If you don't get into the retreat, would you like to be on the waiting list? (There are always cancellations, and sometimes very close to the retreat start.) \_\_\_\_\_ No

\_\_\_\_\_ Yes, until what date can we contact you to attend? \_\_\_\_\_

1. Please mail this form – postmarked by August 15, 2019 – to Paul Friedlander, 722 Prospect Avenue, Oakland 94610
2. Include your \$100 deposit check – **dated November 15, 2019** – payable to Sanghapala Foundation. (Please note, no deposit refunds after October 31st).
3. Your registration receipt will be confirmed via email in September.
4. Your retreat manager is Kathy Cheney. Please take a moment to add her email address to your address book: [kacheneynew@gmail.com](mailto:kacheneynew@gmail.com), as there may be attachments with your notification. (Otherwise, the email could end up in your spam box).

[Registration questions can be directed to the retreat manager.]

*Thank you!*