**desert sunrise retreat**

**Desert Rain Zen**

**with Tenney Nathanson Roshi and megan Rundel Sensei**

March 19-24, 2024

Redemptorist Renewal Center at PIcture Rocks

Tucson, arizona

REGISTRATION DUE FEBRUARY 12, 2024 (AT THE LATEST)

PROGRAM

Our retreat day runs from 6:00 a.m. to 9:00 p.m. and includes periods of sitting and walking, Dharma talks and discussion, yoga or qigong, individual meetings with a teacher, vegetarian meals, rest, and walks outside. Ours is primarily a silent retreat. Some previous experience with meditation is necessary. We do our best to make the retreat accessible to people with special physical needs.

SPECIAL NOTE

If this will be your first time attending a Desert Rain Zen or other Open Source retreat, please contact the Registrar, Stephen Ferris at fsstephen@aol.com. He will arrange for you to speak with a teacher before registering.

GENERAL SCHEDULE

**Tuesday, March 19, 2024**

On-site registration 3:00 – 5:30 p.m.

Dinner 6:00 p.m.

Opening session 7:30 – 9:00 p.m.

**Middle days**

6:00 a.m. – 9:00 p.m.

**Sunday, March 24, 2024**

6:00 a.m. – 2:00 p.m.

LOCATION

**The Redemptorist Renewal Center** is located at 7101 W. Picture Rocks Road, just outside of Tucson, Arizona on the edge of Saguaro National Park. More information is available at <http://desertrenewal.org/>.

PAYMENT

Full price of the retreat is $800 (the actual cost to Desert Rain Zen will be somewhat higher) and scholarships are gladly offered. All rooms are single, have their own bathrooms, and can be made double if you wish to share with someone. All meals are included and are vegetarian.

**Please register by February 12, 2024** at the very latest. Upon receipt of the form below and a deposit of $100 via either PayPal or check made out to **Desert Rain Zen** and mailed to the DRZ Treasurer (address further down below), your **room and space in the retreat will be reserved**. Balance is due **by the start of the retreat**. You may also contact Stephen Ferris, Registrar, with any other questions (commuter rate, part-time attendance, etc.) at fsstephen@aol.com or 520-661-5355.

Something to keep in mind is that the teachers are not receiving compensation from the sanghas for this retreat. It is customary for us as participants to offer support in the form of dana as they generously share themselves and the dharma with us. There will be dana bowls clearly marked at the retreat as well as PayPal options for each teacher.

DUE DATES

The final date for registration is February 12, 2024. We request that you register as soon as you possibly can.

* Scholarship requests are due with registration; please ask!
* In order to complete registration, a deposit of $100 is due when you submit this form; your registration is not complete until you have made the deposit. If you need additional time to pay the deposit, please contact our Stephen Ferris, at fsstephen@aol.com to discuss details.

CANCELLATION POLICY

* Up to February 18, 2024 we can refund in full your deposit or payment
* From February 19 to March 12, we are able to refund all but $125 of any deposit or payment
* After March 12, we cannot guarantee a refund

ACCOMMODATIONS

Most rooms are single with the option to be double rooms that accommodate two people. All rooms include twin beds, a private bathroom, sheets, blankets, and towels. Meditation cushions, mats, and chairs are available at all times, and you may switch between them as needed. Feel free to bring your own mats and cushions if you would like.

COVID CONSIDERATIONS

Due to the still-changing trajectory of the Covid virus and the rise of reported cases in Pima county, our safety policies may need to change as our retreat draws closer. We do not expect to require masks unless there is a significant uptick in cases or someone finds out after arriving that they may have exposed others to the virus.

Because we want everyone to feel that they will be reasonably safe from getting exposed at the retreat, we ask that you…

**…have a negative Covid test result**within 24 hours prior to arriving at the retreat center. Be sure to use a **non-expired** home test, and if possible, bring a couple of extras with you to the retreat center. If you are eligible for a PCR test, we hope you’ll consider taking advantage of it.

**…have a current Covid vaccination** before coming to the retreat.

…**use extra precautions to avoid being exposed** to the virus the week before and during your travel to the retreat.

…**if flying to Tucson**, wear a mask at the airport and especially at all times during the flight.

**…bring extra masks** (KN-95 or N95) in case we need to wear masks in Work in the Room and in the dining hall serving lines. The retreat center will be hosting other groups concurrently.

**…be prepared to test, quarantine, and/or use a mask** if you become symptomatic upon arrival or find out that you have been exposed prior to coming. You will not need to leave the retreat center and will be able to quarantine in your room.

ADDITIONAL REGISTRATION INFORMATION

Registration is taken on a first-come, first-served basis, and will be secured once we receive your deposit or payment in full. We do not expect this retreat to be over-booked, but it will still help us to have your registration as soon as you are able.

If you have concerns about the demands of sitting a longer retreat, whether physically, mentally, or emotionally, we encourage you to check in with either Tenney Nathanson Roshi (nathanso@email.arizona.edu) or Megan Rundel Sensei (drmeganrundel@gmail.com) prior to completing your registration. And if you have in the past or are currently experiencing untreated mental health issues please contact Megan to set up a brief conversation before completing your registration.

Please direct any questions about registration or the retreat itself to our Registrar, Stephen Ferris at fsstephen@aol.com .

We look forward to practicing with you!

*The Desert Sunrise Retreat Planning Committee and Teachers*

**REGISTRATION FORM**

**for**

**DESERT SUNRISE RETREAT**

**Tucson, Arizona**

**March 19-24, 2024**

**Name:**

**Cell phone number:**

**Email:**

**Mailing address:**

**Payment particulars**. To register, please make a deposit of at least $100, via either check or PayPal. You may make your full retreat payment when you register or any time after.

Cost includes the retreat sessions, accommodations, and food. Please register by February 12, 2024 at the very latest. Cancellation dates are outlined above.

Please don’t hesitate to request a scholarship, especially if the full amount would keep you from attending! If you are able to help others attend, you may also contribute to the scholarship fund.

**Please check all that apply and fill out dollar amounts as needed:**

I will pay the full amount of $800 (additional cost subsidized by DRZ) \_\_\_\_\_

 I would like to request a scholarship of $\_\_\_\_\_\_\_\_\_ \_\_\_\_\_

 I will pay my deposit of $100 \_\_\_\_\_

 At this time I will make a payment of $\_\_\_\_\_\_\_\_\_ (minimum $100) \_\_\_\_\_

 I would like to contribute $\_\_\_\_\_\_\_\_\_ to the scholarship fund (tax-deductible) \_\_\_\_\_

 Total enclosed or expected…

…via PayPal \_\_\_\_\_\_\_\_\_

…via check \_\_\_\_\_\_\_\_\_

**Note:** If you pay by PayPal, it will be helpful to us if you mention what you’re including in your payment, the amount if you are requesting a scholarship, and the amount if you are contributing to the scholarship fund. If your device doesn’t show a space for a comment, you can contact the registrar with this or any other extra information.

**Submit payment via PayPal via this link:** <https://www.paypal.com/donate/?hosted_button_id=TKR5RARTFLUEL>

**Or this QR code:**



**Make checks to Desert Rain Zen and send to:**

Connie Rogers, DRZ Treasurer
625 N. Belvedere Avenue
Tucson AZ 85711-7007

**Name, relationship, and phone number of your emergency contact:**

**Name of your roommate if desiring a double room:**

**Seating Preference:**

Chair **\_\_\_\_\_**

Cushion **\_\_\_\_\_**

Both **\_\_\_\_\_**

**I confirm that I have been vaccinated for Covid at least once recently:**

Yes **\_\_\_\_\_**

No **\_\_\_\_\_**

Other **\_\_\_\_\_**

**Special dietary needs:**

**Physical limitations that might affect your participation:**

**If you feel it would be helpful and would like to, you may share any relevant medical information (e.g. cardio-vascular problems, pregnancy, chronic health condition):**

**If you would like to be put in touch with others who want to share transportation to/from the retreat, let us know what type of transportation you’re thinking of:**

**Anything else you would like us to know regarding your attendance at the retreat:**

**If you are a certified medical or mental health practitioner would you be willing to assist in an emergency?**

Yes, I am a practitioner and would be willing to assist in an emergency **\_\_\_\_\_**

My certification: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Statement: I understand that a Zen Meditation Retreat can be intensive and demanding to body and mind.  I agree to notify the Head of Practice if I am going to be absent at any time during the retreat. I agree that, if I decide to leave the retreat early, I will first meet with a teacher.**

I acknowledge and agree to the above **\_\_\_\_\_**

I would like a teacher to contact me to discuss this before agreeing **\_\_\_\_\_**

**Please forward this form to Stephen Ferris, Registrar, at fsstephen@aol.com or print and mail it to:**

 Stephen Ferris, Registrar

5397 E. Timrod Street

Tucson AZ 85711