

UOCA Ashram Application Form



RESIDENCE AND RETREAT APPLICATION FORM

PHOTO of yourself

PLEASE fill out then SAVE in Word or Pdf & EMAIL THIS APPLICATION FORM TO UOCA at info@wna.org.au

Date:

Personal Details

First Name Middle Name Last Name		Nationality
Address/P.O. Box		Phone: Work: Fax: Mobile:
City State Postal Code:		Date of Birth:
E-mail Address:		Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male
Residence (long or short) - Dates of stay: OR Retreat - Type and Dates of retreat: ie. Private 7 days – 12-19 March OR WWOOF volunteer and date you wish to arrive and leave		
Driver's License Number and State OR Other forms of identification ie. Passport:		Occupation:

For the office use only

Accommodation: Dormitory Room Private Tent Caravan	
Items borrowed.	Other Items
Authoriser:	Date:

Meditation and Yoga Practices (please delete examples)

Have you previously done yoga or meditation?	If yes go to *		
Have you done any other spiritual practice? Explain. For example: Tai Chi – total of 10 lessons	Details. How long and often? 1993 very rarely		
Have you practised any other health, therapeutic or healing techniques?	How Long? How often?		
Type			
*Which yoga/meditation practices have you followed, for how long and rate your experience level 1-10?		Name of main teachers?	
Types	Length of time	Level	

Food Diet

What is your current diet? Specify if omnivore (type – fish only etc.), vegetarian, vegan, raw, give %	
How long for?	
Give brief description of general breakfast, lunch and dinner	
Have you fasted? Specify type, when and for how long, How many times.	

Emergency Details:

In case of emergency, please contact :-

First Name Middle Name Last Name	Relationship
Address/P.O. Box	Phone:
City State Postal Code	Mobile:

Health Details

In order for us to best serve each participant on the retreat, please answer the following questions. All answers will be kept strictly confidential. It is in your interests to be honest and accurate as we can only provide the best help to you if we know your full condition. People will not be excluded from retreats simply because of a health condition.

Height:	cms
Weight:	kgs

If your answer is **no** you must write 'No' in the box. If 'Yes' to any of the questions, give details of all occurrences. Include the following: dates began and ended, frequency now and at worst time, type, amount etc below. If you need more space attach an additional page.

		Details			
1	Physical ailments	Type	Date	Frequency	Level of Severity
	Do you have any dietary problems that may affect a raw food diet, such as anaemia, bulimia, anorexia, allergies, etc?	For example: - Allergy lactose	2003 and on going	3 reactions per year on average	Very severe, need immediate medication or hospitalisation.
	Do you have back problems, pregnancy, or physical injuries to the spine, neck, arms or legs?				
	Do you have or have you ever had any physical health problems, eg., diabetes, obesity, heart disease, epilepsy, high blood pressure, cancer, etc?				

	Do you have or have you ever had an active communicable disease such as hepatitis, tuberculosis, typhoid, any viral or other STD (not thrush or minor urinary infections unless currently present), HIV, etc?				
	Do you have or have you had any other health problem that you should tell us about which you reasonably suspect could affect your ability to participate in this retreat?				
2	Do you have or have you ever had any significant mental health problems, eg: chronic depression, anxiety, panic attacks, mania, bipolar, schizophrenia etc?				
3	Are you now taking, or have you taken within the last three years, any prescribed medication other than antibiotics or for minor ailments?				
4	Are you now taking, or have you ever taken any illegal drugs including: ecstasy, ice, speed, barbiturates, amphetamines, cocaine, heroin, marijuana, fungi hallucinogens?				
5	Have you consumed alcohol in the last three years or ever had a drinking problem? Please detail amount if more than one glass once a month.				
6	Do you smoke? How many a day? Have you ever smoked? Give dates				

Please fill in if you wish to do activities that may include adventure sports.

Describe your body type and rate your level of fitness: (1-10 /10 best) ie. slim, athletic, muscular, obese, plump, skinny, squat	Body Type (full description)			Rating
What fitness or sport activities have you done, problems and rate your current ability in them? (1-10): ie. For example	Sport	Dates	Highest Achievement / Problems	3
	Trail Running	2016	Misty Mountain 13 km trail run / hernia	
Office use only:				
What adventure sports have you done, problems and rate your current ability in them? (1-10): For example	Adventure Sport	Dates	Danger Level / Records / Problems	2
	Scuba	2007	Advanced PADI, 19 dives, wreck dive Honduras 30 m / difficulty equalising	

If you have any questions that you wish to discuss prior to participating in the retreat, please do so before committing yourself to the program. Attach additional pages if not enough room on the form.

AGREEMENT

I acknowledge that I have read and understood the notes about the retreat and the rules set down and I agree to abide by them. I realize that a Yoga Vegan or Raw Meditation Retreat or being a resident in the ashram is a serious undertaking and may involve strenuous activities physically and mentally including fasts, adventure sports, asana and breathing techniques that will require my full mental and physical health and I certify that I am fit to undertake it. I understand that UOCA or the ashram is in no way legally liable for any injury physical or mental or any other legal remedy I might be able to claim connected with my stay including if UOCA or its staff are negligent and that I need to fully insure myself for any and all risks that might arise here in particularly in relation to any adventure sports conducted here.

I certify that all information above to be true and correct. Please read all rules and regulations below carefully. I understand all conditions below and shall adhere to the regulations with respect. I acknowledge that I have read and understood all conditions below. I realize this constitutes a legal document and if I have falsified, been negligent or misled in any information given I realize that this may give rise to legal proceedings against me whether or not it causes harm or damage to others.

READ RULES BELOW FIRST

You do not need to print and sign then post, scan or fax these pages. A photo of your signature using your mobile, etc and inserting the jpg here will constitute a signature by email. Or use MS Word secure signature system embedded in this document.

X

Signature of participant
Student

Date:

DONATIONS ARE ONLY ACCEPTED AT THE END OF THE RETREAT UNLESS OTHERWISE AGREED or as a booking fee. These are SUGGESTED as a guide to help you, (see rule B(v) for more information). The end decision as to what to donate is up to yourself and is a gift to yourself from the heart. If you have difficulties financially or are uncertain please contact us.

Cost to us of Retreat/Residence and Bookings: see below B. v) and w)

Recommended minimum donation (please be aware this is the minimum cost to run the centre and is far below commercial charges; therefore consider this as an opportunity to show generosity and to offer above the amount suggested):-

TABLE TO ASSESS AMOUNT DONATED:

These amounts are subject to change and only a general guideline. They include private room (couples or group may share a room), daily meals, practices and classes but not necessarily private tuition, massage or other sessions – see details of your specific retreat and [timetable](#) for amounts price of extra sessions.

Amounts in Australian Dollars.					
Weekly Income after tax	<>	200 -	400 -	800 -	1200+
or Yearly Income after tax	<>	11-20k	21-40k	41-60k	60k+
or Assets (incl. cash, investments, houses, cars, etc)	>10k	11-50k	50-200k	200-500k	500k+
- use whichever amount is greater for you ie. You have \$500k+ in assets, but are earning nothing at the moment then use the asset. Or you earn \$60k but own nothing then use income. k = Aus\$1000.					
Group/couple retreats per week (max 6) per person	\$1000	\$1100	\$1200	\$1300	\$1400
Private retreat per week per person	\$1200	\$1300	\$1500	\$1700	\$1900
Long Term Resident Weekly rate	\$280	\$315	\$350	\$400	\$450
Long Term Resident Monthly rate	\$1170	\$1300	\$1500	\$1650	\$1900
<u>volunteer</u> work can reduce rates significantly, as can gifts of food, furniture and equipment or if you have difficult financial or health circumstances.					

UOCA RULES

A. Resident Rules please see and read

The Code (www.wna.org.au/code.pdf)

Then read

B. Retreat Rules & Regulations

Rules & Regulations

The foundation of the practice is Sila: moral conduct. Sila provides a basis for the development of Samadhi: concentration of mind; and the purification of the mental process is achieved through Panna: the wisdom of insight.

a) The precepts

All those who attend retreats must undertake to observe the following five precepts for the duration of the retreat :

1. To abstain from killing or eating any living creature
2. To abstain from stealing or taking anything not offered
3. To abstain from all sexual activity
4. To abstain from telling lies or negative thinking
5. To abstain from all intoxicants, drugs and cigarettes.

There are an additional three precepts that experienced students may like to observe:

6. To abstain from taking food after midday
7. To abstain from sensual entertainment and bodily decorations
8. To abstain from using soft or luxurious beds.

To observe the sixth precept, experienced students will take only herb tea or a fruit drink at the evening break, whereas new students may take tea and some fruit.

b) Noble silence during meditation

The practice of Noble Silence helps students to gain more mindfulness and mind control. This enables students to progress in meditation. Therefore, students should keep Silence at all times during the meditation times of the retreat: talking to other meditators is not allowed then. Students should act as if they were alone when meditating on the retreat and concentrate on their own cultivation of mindfulness in all actions. They should pay no attention to other people around them. Should any problems arise during the practice, students may direct their concerns to assistant teachers, or teachers. During other times students should be quiet and respectful to others and keep conversation to a minimum.

c) Bowing down

Bowing down three times to the Divine Intelligence or Buddha image within all of us is a normal and frequent practice in UOCA. We bow down three times to pay respect to the Buddha (Wisdom), Dhamma (Truth) and Sangha (Virtues).

In spiritual development, acceptance of teachers and teachings (Saddha) is the very first step to achievement. However, students are not expected to practice bowing down on the floor during the retreat. Students may simply fold their hands in prayer posture and bow their head, as a gesture of respect and honour to teachers.

d) Sexual behaviour, Couples

It is important that people transcend their sexual drives during the retreat. Sexual activity is to be avoided unless it is specifically part of a retreat. Couples, married or otherwise, should avoid sexual contact with each other during a retreat unless it is a retreat involving sexual development. Students should avoid entering a designated area for the opposite gender to sleep in if this has been specified, unless granted permission or directed to by UOCA staff.

e) Physical contact

It is important that there should be no physical contact, between persons of the same or opposite sex for the entire retreat unless a staff member directs otherwise as part of the retreat process or gives permission for retreat students to do so. This is not a requirement for general or private retreats or visits to the ashram.

f) Religious objects, crystals, charms, rosaries, musical instruments etc.

People who bring such items should use them privately and not interfere with the quietness of the retreat.

g) Intoxicants, cigarettes and drugs

The retreat is strictly a smoke-free zone, as well as an alcohol and drug abuse free zone. No drugs, alcohol, cigarettes or other intoxicants should be brought to the site: this applies to **tranquilizers, sleeping pills, and all other sedatives. Those taking medication on a doctor's prescription should notify the staff** when applying for the retreat.

h) Kitchen

The kitchen is out-of-bounds to all students unless arranged in advance or part of the nutrition classes. This is to ensure the productivity, efficiency, hygiene, promptness and punctuality of staff and students in the preparation of food and all meals. Should you require entering the kitchen even with a good heart to help, please ask UOCA staff before doing so. However students will be required to help prepare meals unless told otherwise.

i) Food

One will find more progress in one's own cultivation when living simply. Staff will supervise students in preparing all raw living vegetarian meals. All food is prepared with loving-kindness and strict hygiene levels. Students are ensured a plentiful and healthy diet, to promote peace of mind. However, if any student has allergies due to ill health, please inform staff in advance or at the time of application. Food must only be eaten during meal times. Do not bring food to the retreat for private consumption. This will damage the process. Hand in all private food on arrival and you will be asked to do so.

After eating, students must bring all dishes, cutlery, cups or anything to the dishwashing area. Students **MUST** wash your own plates, cutlery, cups, and teaspoons at the rear left sink located outside the kitchen. Please exercise mindfulness in queuing and washing your dishes. No cups, teaspoons, plates, cutlery, tissue, morsels of any kind are to be left lying around the grounds or any areas in the monastery. All food scraps are to be placed in the bins provided. If unsure, just ask the staff or retreat volunteer, please do not assume things.

j) Offering of Food to the Divine

Food from meals will be prayed for in a short silent prayer to the Divine Being in us all before each meal.

k) Sleeping Time

Lights out is 10:00 pm but generally 8:00 pm is quiet time. Students are encouraged to sleep early so as to have enough rest for the next day. No activities are to be conducted by any student after 10:00 pm. 5:00 am is time for getting up.

l) Clothing

Dress should be simple, modest, and comfortable: otherwise there are no particular rules in relation to clothing. Sunbathing and partial or complete nudity may be permitted but consult with the ashram manager first as to whether this is appropriate – note some retreats may have nudity in them and others may exclude this. During private retreats nudity may be permitted but consult with the ashram manager first. In CERTAIN SPECIFIED retreats it may not be appropriate to wear transparent, revealing, tight or otherwise striking clothing (e.g. shorts, short skirts, singlets or skimpy tops) – please check your retreat guidelines or check with ashram manager. Be prepared for cool evenings even in summer and hot tropical days. Shoes are not to be worn in the ashram and feet must be kept clean on entering.

m) Fire & Security

No fire of any kind is permitted to be started within and throughout the area especially campfires except candles for light or incense. This is to ensure your safety and the safety of others.

n) Cleanliness

Please place a towel on your yoga mat and wipe down the yoga mat after you have used it. Cleaning the ashram, shower and toilet areas is the responsibility of everyone. You are also helping the many friends and students that may come and benefit from this facility after you. Students must live and work in communal rooms, so it is essential that they wash regularly and keep their clothes clean. As there is no laundry service, students will have to wash their own clothes or ask permission to use the washing machine. Showering and laundry may be done only in the break periods and not during meditation hours. It is important to clean yourself after working in the garden.

o) Outside contact

Students must remain on the meditation site for the entire retreat. You are not allowed to leave the retreat at your own discretion. This is to ensure your own safety and well being in the event of emergency. You may leave only with the specific consent of the teacher or it is part of a retreat activity. No outside contact is allowed before the end of the retreat, including internet, letters, phone calls and contact with visitors. In the event of an emergency, a friend or relative may contact the management.

p) Mobile phones & other Communication tools

Please switch off all your mobile, communication tools during the duration of the retreat and hand in all mobiles, computers, games, ipods, etc. This is to minimize distraction, disturbance and also your mindfulness. Internet is available in emergencies only as are phones. Limited use of internet and phones is permitted in private or casual retreats.

q) Music and computer games

Satsang times are for music and people are encouraged to bring instruments for this. The playing of musical instruments, radios, computer games etc. is not permitted during the rest of the retreat unless staff say otherwise.

r) Serious mental disorders / drug addiction / psychiatric disorders

This is not the place to cure people with psychiatric disorders or drug addiction. However, these people are welcome to attend special courses designed by experienced teachers.

s) Dogs and cats

No pets are allowed to stay except those belonging to the centre. This is because we have much wildlife around the place, including wombats and birds. To keep the place quiet and safe **for these wild creatures, please don't bring your pets.**

t) Disclaimer

UOCA is not responsible for any health problem, sickness, allergies, injury (internal or external) or death that may occur from any program that we offer or during the duration of your stay or visit including any injury arising from any adventure sport, yoga, diet, or meditation practice. The teachers are not representing themselves as qualified in anything but UOCA's system. Therefore, should any uneventful circumstances arise within the retreat and its vicinity or on activities organised by UOCA or its affiliates, UOCA is not and shall not be made responsible or liable in thought, action, words and writing or even legal proceedings/ actions. You are solely responsible for yourself. UOCA reserves the right to discharge any person/s found unruly or disobeying any rules. Signing this document binds you to this agreement and disclaimer.

u) Injury

In the event of any harm or injury occurring during the retreat you are obliged to inform staff immediately and desist from participating in further activities until the teacher has assessed you. You may be obliged to leave the retreat or to see a doctor by the teacher and you must agree to do this at your own expense.

v) Donations

The cost of the retreat is by donation. A recommended amount will be specified according to an income scale. People with special circumstances can consult staff but must have the teacher's approval. People are encouraged to be generous and give with a good heart above the amount recommended as this is simply the minimum to pay for the retreat expenses. Volunteer work for those unable to do this is recommended. Your donation should reflect your income and assets and what you have received. It is your opportunity to thank those who have taught and provided for you with love. It should neither be excessive nor mean, and should not put you in financial difficulties. Please contact the teacher if you have concerns over this before the course. The donation must be paid prior to the course. A further donation may be made at the end of the course and this is highly recommended. No donations will be refunded even if a student leaves the course or is directed to leave for whatever reason.

If you are staying for longer periods not part of a retreat then it is suggested that you make arrangement with the ashram manager as to an amount you wish to donate per week and pay that in advance.

w) Bookings

Once you have made a booking you are under the ethical constraints of UOCA's Sila or moral conduct. Therefore you must act honestly. You must have a firm intention of attending if you make a booking and if due to unforeseen circumstances you have to cancel you must contact UOCA immediately. Out of courtesy a donation of 10% should be made of the recommended amount if cancellation is not notified before 7 days prior to the retreat start date. We wish to operate by donation but it depends on others decency and sincerity. Due to past problems in this respect a 10% amount of the recommended donation may be requested in advance in certain circumstances. This can be paid by bank cheque or Paypal by credit card, or by a Bank Account transfer. Details will be provided of how to pay if necessary. Failure to make payment will cancel that booking and the person may not be welcome to reapply unless they have a valid excuse

x) Garden

Connecting with nature may be a part of some retreats and doing meditation work in the garden may be part of that. Private or casual retreats requires gardening activities to help maintain the ashram. If this poses a problem please contact us about this prior to booking. This activity is to benefit you as well as the ashram and it is not necessarily the quantity of what is done but the quality and meditational attitude in which it is done to bring peace and love to the ashram Buddha Field.

I acknowledge that I have read, understood the rules and regulations set down and agree to undertake and abide by them by having signed this application form.