**Weekend Zen retreat: Waking Up to Who You Are**

at Garrison Institute, Garrison, NY 10524

**A joint retreat with Robert Kennedy, Roshi, Ray Ruzan Cicetti Sensei, and Carl Bachmann, Sensei.**

Sept. 13-15, 2019

**Please mail registration form and full payment (check payable to Morning Star Zendo) to MSZ at 50 Glenwood Ave., Apt 309, Jersey City, NJ 07306 (attention: Retreat).**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please check your choice below (all shared baths):

**\_\_\_\_\_\_Single room $385** (Accommodations to the retreat house: $350 + $35 tuition)

**\_\_\_\_\_\_ Double room $335** (Accommodations to the retreat house: $300 + $35 tuition)

**\_\_\_\_\_\_ Dorm (4 beds) $305** (Accommodations to the retreat house: $270 + $35 tuition)

**\_\_\_\_\_\_** **Commuter $235**(Accommodations to the retreat house: $ 200 + $35 tuition)

How did you hear about us:

\_\_\_\_ Family/Friend

\_\_\_\_ Garrison website

\_\_\_\_ other

Additional questions or anything we need to know (e.g.food allergies, special needs): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Refund/cancellation**: You will receive a full refund, if you cancel the retreat before Sept 10, 2019

 **There will be no refund after Sept 12.**

**Arrival time**: after 3:00 pm. Dinner 6:00 pm

**Departure time:** 1 pm on Sunday after lunch. Shuttle to train station to Grand Central, NYC at 12:45 pm.

*(Inquiries:* www.garrisoninstitute.org )