



Tel: (408) 469-0321, (510)996-8572
 1153 Bordeaux Dr. #106, Sunnyvale, CA 94089
 Website: www.ddmabsf.org
 Email: ddmbsaf@gmail.com

- 報名前請詳閱第三頁的禪修須知。Please read the retreat information in Page 3 before you apply.
- 請填寫報名表第一、二頁並簽名。Please fill out Page 1 and 2 of the application form and sign.
- 請在9月6日前將報名表及費用寄至分會地址。支票抬頭：DDMBASF。

Please send the application form and check to DDMBASF by September 6. Make the check payable to DDMBASF.

- 錄取結果通知最晚將於9月7日寄出，未獲錄取者將退還全額費用。

Admission or rejection notice will be sent out no later than September 7. If your application is not accepted, your fee will also be fully returned.

報名表 Application Form	
中文姓名 Chinese Name:	英文名 English Name: 名 First: 姓 Last:
性別 Sex: <input type="checkbox"/> 女 Female <input type="checkbox"/> 男 Male	生日(月/日/年) Date of Birth (mm/dd/yy):
通訊地址 Mailing Address:	
電話 Telephone: 宅(H)	行動電話 (Cell)
電子信箱 E-Mail Address:	
緊急聯絡人 Emergency Contact	
姓名 Name :	電話 Telephone:
宗教信仰 Religion:	皈依師 Refuge Master:
參加期間 Time Period of Participation	
<input type="checkbox"/> 學生請打勾 Check here if you are a student.	
<input type="checkbox"/> 精進禪七 7-day Retreat(9/27~10/3) 報到時間 Check-in time: 9/27 5:00pm ~ 7:00pm	費用 Fee : \$550 / \$300(學生 Student)
<input type="checkbox"/> 精進禪三 3-day Retreat(9/27~30) 報到時間 Check in time: 9/27 5:00pm ~ 7:00pm	費用 Fee : \$300 / \$150(學生 Student)
<input type="checkbox"/> 生活禪三 3-day Living Ch'an Workshop(9/30~10/3) 報到時間 Check in time: 9/30 5:00pm ~ 7:00pm	費用 Fee : \$300 / \$150(學生 Student)
備註 Note :	
1. 費用包括食宿。The fee includes lodging and meals.	
2. 全程七天參加者將優先錄取。 Application of the entire 7-day retreat will be accepted with the highest priority.	

您參加過法鼓山所舉辦的初級禪訓班嗎 Have you attended Basic Meditation Class from Dharma Drum Mountain before? 否No 是Yes

如果有, 何時 If so, when? _____

您禪坐已有多久時間 How long have you been practicing meditation? _____

您曾經在其他地方學習過禪坐嗎 Have you studied meditation elsewhere? 否No 是Yes

如果有, 請說明 If yes, please describe: _____

請問您固定打坐的頻率 Do you practice meditation regularly? 每天Daily 每週Weekly

每月Monthly 不定期Irregularly

您每次打坐的時間大約多久 How long do you meditate each time? _____

您打坐使用的方法 What is your method of meditation?

您以前曾經參加過精進禪修嗎 Have you participated meditation retreat before(3-day or more)?

否 No 是 Yes

如果是, 何時 If yes, when _____ 地點 where _____

您有任何疾病或對食物、植物等過敏嗎 Do you have any health related problem including serious allergy (to food, plants, etc) ? 否No 是Yes

如果是, 請簡要說明 If yes, please briefly describe: _____

您會打鼾嗎 Do you snore? 否 No 是 Yes

您在這(七)三天要過午不食嗎 Do you want to skip dinners during the entire retreat? 否 No 是 Yes

由於場地的限制或其他因素, 您可能無法被錄取。如有任何疑問, 歡迎來電詢問。

聯絡電話: (408) 469-0321, (510)996-8572

Due to limited facilities or other consideration, your application may not be accepted. If you have any questions, please contact us at (408) 469-0321 or (510)996-8572.

本人保證所提供的資訊是正確且完整的。若取得參加本次禪訓的錄取資格, 將會誠摯努力以迄圓滿。

I certify that the information given in this application is true and complete. If accepted, I agree to complete the entire retreat session that I apply for.

簽名/Signature

日期/Date

禪七 / 禪三須知

Meditation Retreat Information

1. 禪修期間 9/27~9/30 將禁語，如須溝通請用手勢或字條。
Please keep silent during the first 3-day retreat (9/27~30). If you need to communicate with someone you may use gestures or write a note.
2. 禪修期間不得撥打電話或接聽電話，不得接見訪客，不得使用電腦、閱讀書籍或聽音樂。
During the retreat we refrain from making or receiving phone calls, receiving guests, using personal computers, reading books, and listening to music.
3. 請勿攜帶外食或零食。
Please do not bring any food or snacks to the retreat.
4. 禪修期間為避免干擾他人作息，起床前及就寢後請勿洗澡。
In order to maintain a peaceful and quiet atmosphere, please do not shower before the morning wake-up call or after bedtime.
5. 每位參加者將被分配簡單的出坡工作，協助清潔整理環境。
Everyone will be given an easy work meditation task to help clean up the environment.
6. 除特殊原因外，請全程參與活動。
Except for special reasons, please complete the retreat and participate in all the activities.
7. 請穿著寬鬆衣物以方便打坐。
Please wear loose clothes for sitting meditation.
8. 請攜帶下列個人物品。Please bring the following personal items.
 - A. 盥洗用具。Toiletries.
 - B. 換洗衣物。Clothing and underclothing.
 - C. 環保碗筷及杯子。Eating utensils, bowls/containers, and cups.
 - D. 棉被、毯子或睡袋。Blankets and/or sleeping bags.
 - E. 因地點靠近山區，早晚氣溫較低，請帶足禦寒衣物。
The retreat center is in mountain area, therefore it is cold in the morning and evening.
Please make sure to bring enough clothes to keep you warm.
9. 請儘量勿攜帶貴重物品。如有貴重物品請自行保管，本會不負保管之責。
Please try not to bring any valuable items. If you do bring valuable items with you, please keep them safely by yourself. DDMBASF is not responsible for keeping any personal items.