

**Retreat Information:  
2018 Dhamma Awareness Training  
with Steve Armstrong**



Dear Friend:

We are pleased to provide you with this information about the 2018 Dhamma Awareness Training with Steve Armstrong at Cloud Mountain Retreat Center (CMRC). The Training consists of four modules: #1) Daily commitment of mindful sitting and *pārami* practices, #2) A weekly *sangha*-wide practice check-in, #3) A monthly study curriculum, and #4) Three progressive, intensive retreats. All modules of the Training will run concurrently over the 10 months bookended by the retreats. The information below provides details for Module #4. See accompanying sheets for details of Modules #1-3.

The retreats are as follows:

- 1: “Remembering Mindfulness” ..... **Friday, January 12 through Friday, January 19, 2018**
- 2: “Stabilizing the Mind” ..... **Friday, June 29 through Sunday, July 8, 2018**
- 3: “Unfolding Wisdom of Awareness” .. **Friday, October 19 through Friday, October 26, 2018**

**Application and Registration processes:**

The Application form can be found on the [Vipassana Metta Foundation \(VMF\) website](#) and can be submitted online or by mail. Registration forms will be provided to approved applicants selected in the lottery.

Step 1: Complete the Application and submit it directly to VMF. (Contact info on the next page). We anticipate interest in this program will exceed the 41 available spaces. For this reason, Applications will be accepted until March 15, 2017, for selection by lottery. NOTE: Registration forms will be sent only to those who are selected in the lottery to participate.

Step 2: Steve will forward the names and contact information of approved applicants to Cloud Mountain.

Step 3: Cloud Mountain will select participants for the Training by lottery from the pool of approved applicants and by April 1<sup>st</sup> will inform all applicants of their current eligibility to register or of their position on the wait-list. Registration materials will be provided directly to selected applicants.

Step 4: Individuals selected in the lottery must register with Cloud Mountain by submitting their Registration materials and deposit by April 30 in order to claim and confirm their spot in the Training.

Step 5: Any spots not claimed and confirmed by April 30 will be offered to approved applicants from the waitlist.

**Training Fees:**

This Training is being offered as an integrated whole and if selected, you will be registering for the entire program of 4 modules. The Training fees below include the retreat fees to cover Cloud Mountain’s overhead costs for organizing and hosting the Module #4 retreats, and a \$500 developmental fee to cover Vipassana Metta Foundation’s costs of designing, administering and hosting the online portions of the Training: Modules #1, 2, & 3.

The Registration fees are offered on a tiered scale. Please register at the highest level you can in order to assist those who are less financially able.

- Subsidized:..... **\$2250** plus *dāna* offerings
- Supporting:..... **\$2450** plus *dāna* offerings
- Sustaining:..... **\$2650** plus *dāna* offerings

**Dāna: the practice of generosity**

Steve and others will continue the tradition of freely offering the Dhamma of both the retreat and online teachings on a *dāna* basis. The practice of freely offering generosity, *dāna*: the first *pārami* is one of the three pillars of stabilizing your life in the Dhamma. There will be opportunities at each retreat to offer *dāna* to Steve for the teachings, to Cloud Mountain to underwrite staff health insurance, which is fully subsidized by *dāna*, and to offer meal *dāna*.

**Scholarship Assistance:**

Earmarked scholarship funds will be available for this Training, including both general scholarships for which all applicants are eligible plus special funds to subsidize participation by up to 4 young adults ages 18—35. If you wish to request a scholarship or subsidy, you will have the opportunity to indicate so on your Application and Registration forms.

### **Deposit Schedule:**

Payment 1: .....a deposit of \$1200 must be submitted to CMRC with your Registration materials by April 30.

Payment 2: .....any balance due must be submitted by September 1, 2017.

### **Housing:**

The total number of participants we will register has been capped below Cloud Mountain's usual maximum to allow housing assignments in single and double rooms only. Over the course of the three retreats, we will use a special housing lottery to maximize each participant's opportunity for a single room. There will be some recurring housing options for couples. We will be able to accommodate camper vans or mobile housing for those who prefer that option to our assigned housing.

Please note: If your interest in participating in the Training is conditional upon having a single room for all three retreats, you will need to indicate that on your Application and contact the Cloud Mountain office when you submit your Registration. We are unable to guarantee our ability to accommodate these kinds of requests for this program. Only requests made from medical necessity will be considered, and we may request verification from your medical doctor.

### **Cancellation and Refund Policies:**

*\*\*Please note: Non-refundable portions of Training fees are also non-transferable to other individuals or retreats.*

It is only possible to cancel your participation in the Training as a whole. In the event that you unavoidably miss one of the retreats, you will not be eligible for any kind of refund. The instructions and guidance at the retreats along with the conference calls will be audio-recorded and the Dhamma talks and Q&A sessions of the retreats will be video-recorded. These recordings will not be made available to the general public, but will be offered online for Training participants use only.

If you discover that you are unable to participate after registering but prior to the start of the Training, please contact CMRC as soon as possible to cancel, so that your space can be offered to another person. Please note that you cannot transfer your space to anyone else. In the event you cancel your participation in the Training, Friends of Cloud Mountain will refund a portion of your payment according to the following refund schedule.

### **Refund Schedule:**

For cancellation notifications **prior to June 12** (6 months prior to retreat start):.....**\$150 cancel fee**  
For cancellation notifications **between June 13 – Sept. 12** (4 – 6 months prior):.....**\$450 cancel fee**  
For cancellation notifications **between Sept. 13 – Dec. 12** (1 – 4 months prior):..... **\$900 cancel fee**  
For cancellation notifications **after Dec. 12** (less than one month's notice):.....**Forfeiture of full fee**

This cancellation policy is necessary due to the improbability of filling any space opened up by such cancellation after the Training has begun. To support cohesion and continuity for the group as a whole, new participants will not be allowed into the program at a point soon after the first retreat. Because offering a program consisting of multiple retreats differs from registering an individual for one retreat at a time, the policy in place for this program differs from the one most retreatants are accustomed to for Cloud Mountain retreats. Exceptions to the cancellation policy will be considered for personal and family medical emergencies only.

### **Contact Information:**

Cloud Mountain Retreat Center

[www.cloudmountain.org](http://www.cloudmountain.org)

[info@cloudmountain.org](mailto:info@cloudmountain.org)

Phone: 360-274-4859 or toll-free: 888-465-9118

Fax: 360-274-9119

373 Agren Road, Castle Rock, WA 98611

Steve Armstrong

Vipassana Metta Foundation

[www.vipassanametta.org](http://www.vipassanametta.org)

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Phone: 808-876-1423

PO Box 1188, Kula, HI 96790-1188

We at Cloud Mountain are excited to collaborate in offering this Dhamma Awareness Training by hosting the retreats of Module #4. The Training promises to offer very strong support and on-going guidance for the unfolding of insight wisdom during intensive retreats as well as cultivation of awareness in everyday activities through the applied mindfulness

practices of the *pāramis*. May all beings benefit from the depth of practice fostered through this Training. We hope you will consider joining Steve in this dedicated *sangha* of 41 participants of this Dhamma Awareness Training Program.

**Timetable of Significant Dates:**

Jan. 1, 2017..... Announce opening for accepting Applications, to be sent to Steve at VMF  
March 15, 2017..... Accepting of Applications closes  
March 30, 2017..... CMRC notified by Steve of accepted applicants  
March 31, 2017..... CMRC draws lottery and sends Registration materials to selected applicants  
April 30, 2017..... All selected participants must be registered with payment of initial deposit.  
Wait-listed applicants will be contacted to fill any unclaimed spaces.  
June 12, 2017..... Cancellation fee of \$150 in effect up to this date  
June 13 – Sept. 12, 2017..... Cancellation fee of \$450 in effect during this period  
Sept. 1..... Final payment of balance due  
Sept. 13 – Dec. 12, 2017..... Cancellation fee of \$900 in effect during this period  
Dec. 13, 2017..... Full forfeiture of retreat fee for cancellations after this date  
Jan. 1, 2018..... 1st month online material available  
Jan. 12 – 19..... “Remembering Mindfulness” Retreat Training at CMRC  
Feb. 1..... 2nd month online material available  
March 1..... 3rd month online material available  
April 1..... 4th month online material available  
May 1..... 5th month online material available  
June 1..... 6th month online material available  
June 29 – July 8..... “Stabilizing the Mind” Retreat Training at CMRC  
July 1..... 7th month online material available  
Aug. 1..... 8th month online material available  
Sept. 1..... 9th month online material available  
Oct. 1..... 10th month online material available  
Oct. 19 – 26..... “Unfolding Wisdom of Awareness” Retreat Training at CMRC