

Prerequisite Online Retreat for MMTCP **Participant Agreement**

For your reference as a student, below is the participant agreement language used in the online form. Please be sure to fill out the online form prior to attending your retreat.

The following agreement is intended to support the depth and integrity of your practice while participating in an online silent retreat. In order for your retreat to qualify as a prerequisite retreat for the MMTCP program, you must read, reflect on, and sign this agreement before your retreat begins and submit a copy of it to the coordinating teacher for the retreat.

1. I have read, understand, and agree to the MMTCP Guidelines for a Successful Online Retreat as well as any other pre-retreat information and requests provided by the teaching team of this retreat.
2. I understand that the depth and integrity of my retreat experience depends upon my full and wholehearted engagement. I agree to participate in the full schedule of the online meditation retreat, including all talks; all guided meditation sessions; all small-group and individual meetings with teachers; all silent meditation sessions; designated walking meditation periods (as appropriate for my body and circumstances); and movement meditation sessions as appropriate for my body and circumstances. I understand that participation with your video camera turned on is highly encouraged and that this will support the teacher, my fellow students, and the creation of online community.
3. In between formal sessions, continuity of practice is central to the retreat experience. One of the most powerful distractions in modern culture is our addictive relationship with digital technology. Understanding its impact on my capacity for full presence, I commit to minimizing or eliminating all engagement with digital technologies that are not part of the retreat experience. Specifically, I commit to:
 - a. Refraining from engagement with social media such as Facebook, Instagram, Twitter, and Snapchat for the duration of the retreat
 - b. Refraining from intake of news media
 - c. Refraining from non-essential texting and other digital communication (other than is essential for the family situation like making childcare arrangements).
4. In a traditional meditation retreat, Noble Silence is maintained throughout to support the deepening of mindfulness and concentration. With that in mind, I commit to maintaining silence outside of the formal meditation sessions to the extent that is appropriate for my home situation. When that is not possible, for example, while caring for small children or participating in family meals, I commit to cultivating mindful speech that is truthful and compassionate. Even in a family situation, I commit to periods of self-reflection and silence throughout the day as possible.

5. I understand that the retreat teachers will be reviewing this practice commitment before my retreat begins and that a teacher must submit a Participant Completion Form after the retreat has been completed in order for this retreat to qualify.

Please state here your specific intention around mindful technology use:

Please state here your specific intention around silence, including what periods of the day you will be practicing noble silence and which periods you will be practicing mindful speech:

Please list below the schedule of the retreat that you will be attending and initial each session that you commit to attending. If there are any you know in advance that you will not be able to attend, please indicate that as well.

Note: In order for a retreat to qualify, it must include at least 5 formal practice sessions per day including some combination of talks; guided/instructional meditations; Q&A periods; silent meditations; guided mindful movement; and small group/individual teacher meetings. Included in this number must be at least 2 silent sits of 30-45 minutes each day, and at least two small group or individual teacher meetings over the course of the retreat.

E-Signature or Signature Date