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Rideekanda Forest Monastery, Matale, Sri Lanka

Rideekanda Forest Monastery, Udasgiriya, Matale, Sri Lanka

## APPLICATION FORM

### [07 Days Vipassana Meditation Retreat at Rideekanda Forest Monastery Retreat]

#### Personal Information:

Passport Name: .....

Date of Birth:.....

Gender: .....

Country: .....Nationality:.....

Passport No: .....Passport Expiry Date: .....

Contact Information (Phone, Email, WhatsApp): .....

#### Retreat Information:

Preferred Dates for Retreat: .....

Have you attended a meditation retreat before? Yes/No

If yes, please provide brief details:.....

#### Motivations/Objectives for Joining this Retreat:

(Please tick **one** box that best describes your primary motivation.)

- To explore Buddhist philosophy and meditation practices
- To manage stress and anxiety in a mindful setting
- To cultivate inner peace and develop mental focus
- To better understand and manage emotional challenges
- Other (please specify): .....

#### Emergency Contact:

Name:..... Relationship:..... Contact Number: .....

#### Health Information:

• **Have you suffered from any long term physical illness within the past 3 years?** (e.g. knee problems, epilepsy, heart problems, back problems, etc.)

If yes, please specify your medication:.....

#### Contact:

Rideekanda Forest Monastery, Udasgiriya, Matale., Sri Lanka.

#### Web:

[www.rideekanda.com](http://www.rideekanda.com)

#### Email:

[rideekanda@gmail.com](mailto:rideekanda@gmail.com)

#### Tel:

+94742252980



Rideekanda Forest Monastery, Udasgiriya, Matale, Sri Lanka

## Special Note:

### Important Note on Mental Health & Safety

Vipassana is an intensive practice that requires significant mental and emotional stability. If you have a history of certain mental health conditions—such as **PTSD(Severe trauma), Psychotic Disorders (Schizophrenia or Bipolar), Severe Clinical Depression, Dissociative Disorders, or Active Substance Addiction**—the deep introspection of a 07-day retreat may be overwhelming or potentially harmful.

- **Honesty is Vital:** For your own safety and well-being, please be honest about your health history in this application. This information is kept strictly confidential.
- **Confidential Consultation:** If you prefer not to list specific details on this form, we strongly encourage you to **call us directly** to discuss your situation. We can help you determine if the retreat environment is currently the right fit for you.
- **Medical Advice:** We highly recommend consulting with your **doctor or mental health professional** before applying, to ensure you are in a stable period of health suitable for intensive meditation.
- Vipassana is a powerful tool, but it is not a "**cure-all**" for psychiatric crises. It is generally best practiced when you are in a relatively stable period of mental health. Each situation has to be carefully analyzed to determine the right practice.

### Important Note on Physical Health and Requirements

**Physical Accessibility & Terrain** Please be aware that our monastery is located in a **steep, mountainous region**. The facility features numerous **steps** that require walking up and down several times a day (to the meditation hall, dining area, and accommodation area).

- **Physical Limitations:** If you have recent injuries, chronic knee or back pain, heart conditions, or mobility issues that make climbing stairs difficult, this location may not be suitable for you.

## Health Liability Disclaimer:

By signing this application, I acknowledge that Rideekanda Forest Monastery **does not take responsibility** for any health issues—physical or mental—that may arise during my stay at the retreat.

## Declaration of Agreement:

- I commit to following the Rideekanda Forest Monastery's guidelines on attire, smoking prohibition, food and meals, technology use, and interaction with nature and wildlife.
- I understand that my stay is based on the principles of mindfulness, respect for the environment, and communal living as outlined in the visitor's instruction manual.
- I declare that the information provided in this application is **true and accurate** to the best of my knowledge.

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Rideekanda Forest Monastery, Udasgiriya, Matale, Sri Lanka

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**Participation Confirmation and Cancellation Policy:**

- I understand that upon acceptance, I must confirm my participation for the specified dates.
- I agree to notify the monastery promptly in case of cancellation, so the spot may be offered to another participant.

Signature:

.....  
Signed (Applicant's Name):

Date:

**Submit Application:**

Please send your completed form to [rideekanda@gmail.com](mailto:rideekanda@gmail.com) or via WhatsApp to **+94 74 225 2980**.  
We will contact you to confirm your booking and provide further instructions.

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**Contact:**

Rideekanda Forest Monastery, Udasgiriya, Matale., Sri Lanka.

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