

MAIL-IN ENROLLMENT FORM

*Unhindered Retreat*

January 22nd, 2022

First name \_\_\_\_\_

Last name \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Address line 1  
\_\_\_\_\_

Address line 2  
\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Meditation experience ( None) ( One year or less) ( Two year or less)  
( Five years or less) ( Longer than 5 years)

Please send your completed form with a check made out to “Insight Meditation Houston” for \$30 to the address below. If you wish to include teacher dana, please add that amount to your check for \$30.

Insight Meditation Houston

c/o Marilyn Jones

1820 Bolsover

Houston, TX 77005