

**A Year of Living Mindfully
with Jonathan Foust
Program Application**

Application Instructions:

Mail or email the the completed application to: Jonathan Foust 70 River Birch Drive Great Falls, VA 22066 or to Jonathan at jonathanfoust@mac.com.

Questions: Contact Jonathan at jonathanfoust@mac.com.

Please note: The cost of A Year of Living Mindfully is \$1950.00. Arrangements are available to help with payment of fees over the course of the year.

PLEASE COMPLETE EACH ITEM FULLY

Date:

Name:

Street Address:

City:

State:

Zip:

E-mail address:

Telephone:

Date of Birth:

Occupation:

Educational History:

Dharma Background

When did you begin vipassana practice? Month _____ Year _____

Please list in the table below the silent, residential vipassana retreats have you attended. If you have attended many retreats, please list the last few retreats you have done, as well as the longest retreat.

Month/ Year	Location	Teachers	No. of Days

Please list other Buddhist retreat experience. If many, list the most recent and longest.

Month/ Year	Location	Teachers	No. of Days

Whom do you currently regard as your primary vipassana teacher(s)?

Who have been your most important teachers?

Describe your daily sitting practice:
Since you began vipassana practice?

Currently?

What is your past history and current relationship to other Buddhist practices and teachers?

What is your past history and current relationship to spiritual practices and teachers outside of Buddhism?

What Dharma study and reading have you done? **Please include any specific areas of interest.**

What areas of your Dharma practice, understanding, or embodiment need attention or maturation?

Are you currently part of any sitting group or sangha? Please describe.

Do you have any history of psychological or physical difficulties? Have you ever had or been treated for a psychological condition such as depression, eating disorder, drug/alcohol addiction, anxiety disorder, psychosis, schizophrenia, mania or any other psychological condition? Please describe, specifying condition(s) and date(s). (Your answer will be kept confidential).

Have you experienced any significant emotional, psychological or spiritual difficulty in your life that affected your ability to function? If so, briefly describe it and when it occurred. Is it still occurring now?

What kinds of psychotherapy have you engaged in?

Are you currently seeing a therapist or psychiatrist? If so, please explain the nature of your work with him or her.

Are you currently taking medication for any physical or psychological conditions? If yes, please specify the condition and list the medications and dosage.

What other forms of personal growth have you engaged in?

What is your current family and personal relationship situation? Include any other details about your current life situation that would be helpful for me to know.

Please seriously consider this question: Is there any reason you would not be able to fulfill your commitment to complete participation in this program?

The commitment includes your attendance at all retreats, completing assigned readings, practices and reflections, the monthly group meeting, monthly small group meetings, three individual interviews with the teacher and a monthly meeting with a peer member.

Please note any other information you would like me to know.

In a paragraph or two, please describe what draws you to participate in the Year of Living Mindfully program.