



Winter Feast for the Soul

A 40-day Worldwide Spiritual Practice Period

January 15 - February 23
Every Year Since 2008

What nine months does for the embryo
Forty early mornings
Will do for your growing awareness

Please retain the top of this form for yourself, so that you will have a record of your practice aspiration.

My aspiration for daily practice will be (*please check one*):

- Meditate 10-20 minutes a day
- Meditate 20-40 minutes a day
- Meditate 40-60 minutes a day

Commitment forms can be mailed to:

Lane (chaplaincy volunteer) • Austin Shambhala Meditation Center • 1702 South 5th St. • Austin, TX 78704

Letters to your meditation buddy should be mailed to:

Buddy's First Name / Winter Feast • Austin Shambhala Meditation Center • 1702 South 5th St. • Austin, TX 78704

Yes, I will participate in the Winter Feast for the Soul 2017 (Jan. 15 – Feb. 23).

My aspiration for daily practice will be (*please check one*):

- Meditate 10-20 minutes a day
- Meditate 20-40 minutes a day
- Meditate 40-60 minutes a day

Printed (legible!) Name (first name followed by last name): _____

Number: _____ Satellite (Riverside, Sycamore, Terrace, Valley): _____

Signature: _____

Please check below if you would like a meditation buddy (see Invitation Letter for a description):

Yes, I would like a meditation buddy to write to me during the feast.

Please return this form to a Buddhist/meditation (Eastern religions) chaplaincy volunteer
or to Lane (chaplaincy volunteer) • Austin Shambhala Meditation Center • 1702 South 5th St. • Austin, TX 78704