



~ REGISTRATION FORM ~

Please select the Mindfulness Retreat/Workshop you would like to attend:
(If you are interested in attending both retreats, please complete a separate registration form for each retreat)

THE WAY OUT IS IN: A 3-day Mindfulness Retreat/Workshop in New Delhi/NCR (In English)

Venue: Shiv Nadar School, Sector 168, Expressway, Noida - 201305

Dates: 26th - 28th February 2025 | Register By: 7th February 2025

Time: 9.00 am – 4.30 pm

(We will arrange a bus at a specific Noida Metro Station for pick up & drop off)

I HAVE ARRIVED, I AM HOME: A 4-day Mindfulness Retreat/Workshop in Dehradun (In English with Hindi Translation)

Venue: Jamun Village, Rajpur Mafi, Dehradun

Dates: 4th - 7th March 2025 | Register By: 15th February 2025

Time: 8.15 am – 4.30 pm

The retreats / workshops are designed for individuals seeking to deepen their practice through talks, Q & A sessions, circle sharing and meditation practices. Participants attending the Dehradun retreat will also engage in mindful work on small projects on the Jamun Village land - a space of restorative peace and natural beauty. These retreats provide an opportunity to pause, understand, reflect and connect with ourselves and our world in a truly transformative way.

Suggested Donation / Contribution amount for each retreat workshop:*

- For each participant: Rs. 5500/-
- For students with a valid ID: Rs. 1500/-

* This includes teachings, retreat materials and lunch on all the days. Board, lodging & travel are not included in the contribution.

To register, please provide the following details:

Full Name: Mr/Ms _____ Gender : _____ Age: _____

Address: _____

Mobile: _____ Email: _____ PAN No: _____

Signature: _____ Date: _____

Both retreats/workshops are subsidised & supported by Ahimsa Trust. The actual cost per participant is approximately Rs. 20,000/-

However there are many who have the aspiration & ability to give. There are three options:

You may sponsor _____ participant/s for Rs. 20,000/- per person. (For the Dehradun retreat, we are hoping to provide full scholarship to 40 participants from economically disadvantaged families across India)

Contribute to building the Mindfulness Practice Centre, Jamun Village in Dehradun.

Donate to Ahimsa Trust to continue bringing these teachings & practices to the wider public in India.

All contributions are welcome with deep gratitude.

FILLED IN REGISTRATION FORM IS TO BE SCANNED/PHOTOGRAPHED AND EMAILED TO: ahimsa.trust@gmail.com along with a screenshot of the confirmed payment.

TOTAL AMOUNT PAID: Rs. _____

PAYMENT DETAILS (For Indians only. Non-Indians may register with us by writing to ahimsa.trust@gmail.com):

1. NEFT/BANK TRANSFER/CHEQUE DEPOSIT

Name of Account: AHIMS A TRUST

Name of Bank: AXIS BANK, Sector 16 Branch, NOIDA 201301

A/C No: 910010036807214

IFSC CODE: UTIB0000022

TRANSACTION ID (For Wire Transfer) _____ DATED: _____

NAME OF YOUR BANK: _____ A/C No: _____

BRANCH ADDRESS: _____

2. CREDIT CARD/ DEBIT CARD/ NET BANKING/ UPI:

Kindly use the link <https://ahimsatrust.org/contribute/> on our website www.ahimsatrust.org

Please send us a screenshot of the payment confirmation on our email address: ahimsa.trust@gmail.com

All contributions to Ahimsa Trust are Income -Tax deductible under Section 80G and are Non-Refundable.

Visit: www.ahimsatrust.org | For queries, please write to ahimsa.trust@gmail.com

Kindly contact our co-ordinators for more details: Aishwarya Suri +91 8860694315; Mala Tandan +91 9810533635 (10 am – 5 pm)