



We are at an altitude of 5500 feet so be aware that you may feel a little out of breath at times. Take it easy walking around the property and be sure to drink plenty of water to stop dehydration. Please let us know in advance if you have a health condition that puts you at risk, and/or if you are bringing medical equipment that requires electrical power.

If you go out hiking be sure to tell someone where you are going and when you expect to return. We strongly advise you to not hike alone. Carry enough food, water, and warm clothing for your hike. Please consult with staff if you need information on the hiking trails near YZMC.

Due to the risk of fire in the buildings and canyon, smoking should be restricted to designated areas. There should also be no open flames in any of the housing or open fires on the grounds except as arranged with staff.

We are off the main electricity grid, and operate under solar power and backup generator. Electrical appliances are not allowed, especially items which produce heat such as hair dryers and space heaters. Please be conservative with lighting. Ensure all lights are out once you leave a room.

Heating is mainly from propane heaters, please be conservative with these. Use as much heat as you need, but please turn the thermostat off if you are the last to leave a room. Also don't leave anything on top of the heaters as they get extremely hot!

During the colder months it may freeze overnight and walkways and stairs can become icy, so watch your step.

There are mountain lions occasionally in the canyon but they are very secretive and seldom seen. The California Department of Fish and Game provides the following suggestions for people entering mountain lion habitat: do not hike alone; keep children close to you; do not approach a mountain lion; do not run from a lion; do not crouch down or bend over; do all you can to appear larger; fight back if attacked.

The most common snake present at YZMC in the warmer months is the rattlesnake. These snakes, though very timid, are poisonous, and should be treated with respect. In the event you

### What to Bring

- We provide a bottom sheet and mattress only. Bring pillows and a sleeping bag or comforter.
- Towels and wash stuff.
- Flashlight for the evenings and early mornings.
- Warm clothing all year round and some light clothing for summer.
- A good pair of shoes for walking/hiking.
- Dark, comfortable clothing for meditation. Long pants or skirt for meditation hall - no shorts.
- Watch with alarm or battery operated alarm clock.



# YOKOJI-ZEN MOUNTAIN CENTER

see one, move away and notify a staff member. Be careful when moving logs or rocks which could hide a snake and be aware when walking or hiking on trails around the Center.

We have two pet labradors who live at the Center. Please keep all belongings, especially shoes, inside.

Please avoid feeding any wildlife such as deer, raccoons, skunks and birds. If these animals become over-reliant on human handouts it reduces their ability to survive on their own.

Please do not pick any wildflowers around the center grounds, especially during the spring months when daffodils and irises are starting to flower.

Cell phones will not work at the Center. There is no phone for outgoing calls. Incoming emergency calls can be taken by the office, so please leave this number (951-659-5272) with any one who may need to reach you in an emergency.

## Arrivals

Please arrive no later than 5:00pm, to allow time for registration and to find your room. Traffic leaving the cities, especially on Fridays, can increase travel times. Normal travel time from LA is 2-1/2 hours and 2 hours from San Diego. Add at least 1 hour, if not more, if leaving on a Friday afternoon.

### **Directions from Los Angeles:**

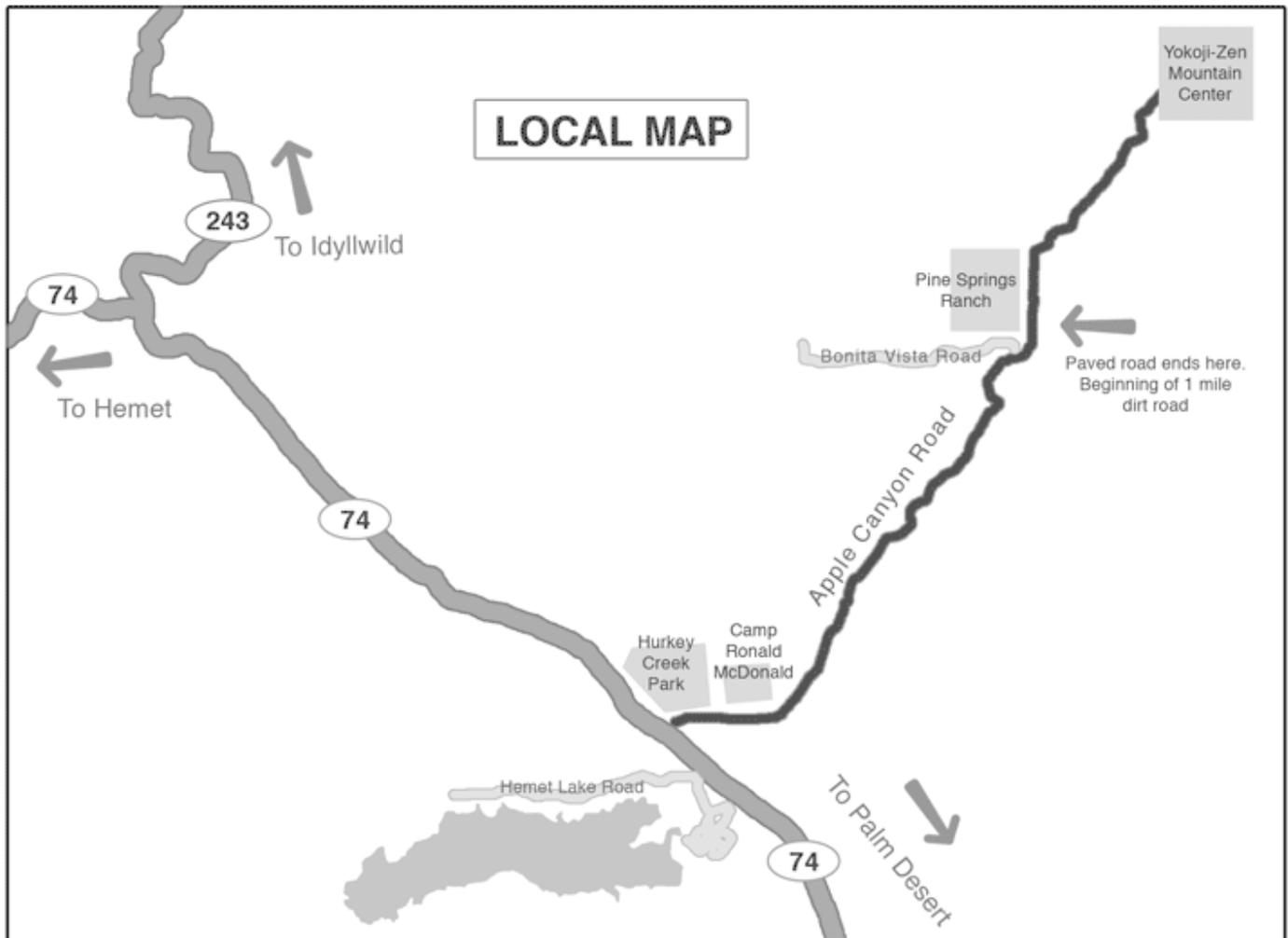
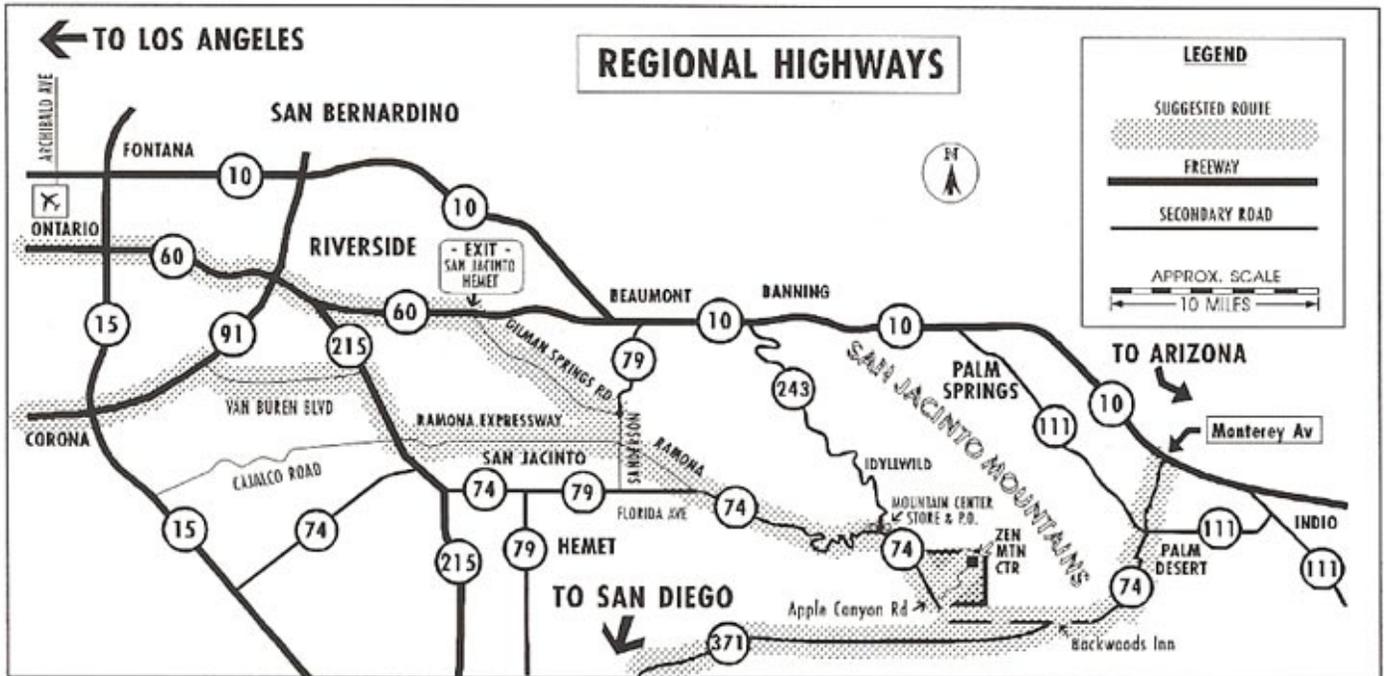
60 East to Hemet/San Jacinto Exit (Gilman Springs Rd.)  
Right on Sanderson  
Left on Ramona Expressway to Florida Ave. (Hwy 74)  
Left onto 74 to Apple Canyon Rd.  
Left onto Apple Canyon Rd.

### **Directions from San Diego:**

I-15 North to 79 South  
371 East through Anza to 74  
Left onto 74 to Apple Canyon Rd.  
Right onto Apple Canyon Road



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**Please print, fill in and return this form to us in order to register. Registration is only complete when the form and deposit are received (see below).**

## ***Personal Information***

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

If you have a medical or physical condition that limits your activity or that you feel we should be aware of, please ensure this is disclosed during your registration at the Center.

Do you have any food allergies? \_\_\_\_\_

## ***Emergency Contact***

Please provide us with a person whom we may contact in the case of emergency.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

## ***Event Agreement & Liability***

Event: \_\_\_\_\_ Dates of Stay: \_\_\_\_\_

I agree to attend the full schedule for the duration of my stay (<http://zmc.org/schedules>)

(If sesshin) I agree to read and uphold the sesshin guidelines (<http://zmc.org/sesshin>)

I agree to defend, indemnify and hold Yokoji-Zen Mountain Center, its officers, employees, agents and volunteers harmless from and against any and all liability, loss, expense (including reasonable attorneys' fees), or claims for injury or damages arising as a result of my attendance of the above event at Yokoji-Zen Mountain Center, 58900 Apple Canyon Road, Mountain Center, CA 92561, and to reimburse Yokoji-Zen Mountain Center for any such incurred expenses.

Signature: \_\_\_\_\_ Date signed: \_\_\_\_\_

*For all events (Except Day of Reflection and Zen Meditation Instruction) we require this form to be returned to us with a non-refundable \$50.00 deposit, payable as a check or postal order to YZMC. You may also pay online at <http://zmc.org/eventapp> with a PayPal account or a credit card. Your place is not reserved until we receive this form and the payment. Thank you.*

Please check here if you have enclosed a check or postal order for \$50.00