



SAN FRANCISCO SHAMBHALA CENTER

New Membership Form

Welcome to our community. We are delighted that you have chosen to become a member of the Shambhala Mandala. As a member, you contribute to manifesting the vision of enlightened society.

Name: _____ Date: _____

Address: _____ E-mail: _____

_____ Phone: _____

- I would like to receive a print newsletter
- I would prefer to view the newsletter online www.sfshambhala.org/newsletter.pdf
- I would like to receive weekly e-mail updates on SFSC events and programs



How did you find and connect with the San Francisco Shambhala Center?

Have you practiced meditation prior to coming to the center? If so, for how long and where?

Please indicate your practice experience:

- Beginning meditator
- Dathun
- Sutrayana Seminary
- Shamatha
- Stroke Practice
- Vajrayana Seminary
- Tonglen/Maitri practices
- Shambhala Training Levels:
- Other:

Do you have a meditation instructor at the center? If so, please indicate his/her name. If not the Head of Practice will contact you about working with a meditation instructor.

Members pay regular dues to help cover the center's expenses.

At which level are you able to contribute:

Tiger \$15-25/month Garuda \$60-90/month

Lion \$30-60/month Dragon \$100+/month

Please specify amount in category \$_____

Please consider paying your dues by monthly automatic withdrawal. If so, choose one:

Checking Credit card

I prefer to receive a monthly dues envelop in the mail



Becoming a member of a Shambhala Center is a statement about your personal inspiration, curiosity, and commitment to the path of awakening. It means participating in a community of practitioners who aspire to relate to each other with honesty, warmth, and openness. Membership is a commitment to meditation practice, dharma study, and contributing to the community.

Please share your specific volunteer interests that you would like to pursue at the Center:

Umdze Meditation Instructor Tea prep Office work

Newsletter Cleaning Event coordinator Publicity

Ikebana Bookstore/Library Web Admin Finance

Kasung Class Assistants Shrine keeper Audio/Visual

Please list any other interests you have:

For more information on the San Francisco Shambhala Center please visit our web site at:
<http://sfshambhala.org/>