

# Membership and Retreat Fees, Rates & Benefits

## As from March 2009

<b>Membership</b>	<b>Pa £</b>	<b>Pm £</b>	<b>European retreat discounts</b>	<b>Kunselling Personal retreat</b>	<b>Kunselling Group practices</b>	<b>Other benefits (Also see below for benefits for all UK members)</b>
Meritorious	1,200	100	100%*  Free retreat cabins Merigar	free	£5 per day	Access to video webcasts, free copies of Shang Shung publications for the year, free video journal, Mirror online or paper by request, special gift
Sustaining	408	34	80%*  Free retreat cabins Merigar	£5 per day	£8 per day	50% off video journal, Mirror online or paper by request,
KSL package	168	14	20%*	£5 per day	£10 per day	Mirror online
Reduced KSL package	120	10	50%*	£5 per day	£10 per day	Mirror online
Ordinary	108	9	20%*	£7 per day	£12 per day	Mirror online
Reduced	42	3.50	50%*	£7 per day	£12 per day	Mirror online
Friends of Kunselling	60	5	No Merigar membership or benefits	N/A	£15 per day***	

\*except courses organised by Shang Shung Institute, Santi Maha Sangha exams and training, yantra yoga and vajra dance teacher training.

\*\*taught retreats include additional fees for teachers' expenses and food.

\*\*\*Non-members including Friends of Kunselling can only access specified open events at Kunselling

**Winter heating charge** An extra charge of £2 per day will be added to the cost of all retreats between 1<sup>st</sup> October and 31<sup>st</sup> March.

**Dark Retreat Cabin** There will be an extra charge of £5 per day for the use of the dark retreat cabin.

**Group retreats** will now be the same cost every day

**All UK members** get access to the Mirror and Merigar letter online, base membership of Shang Shung Institute, audio access to webcasts, free Dzogchen Journal and UK events booklet and other mailouts.

You will notice in the list of benefits that the Mirror will now be distributed online to all members. Sustaining and meritorious members can request a paper copy if they want one.

**Friends of Kunselling** get Dzogchen Journal and UK events booklet.