

Path of Joy & Ease Five-Year Practice Program

Expression of Interest Form

Thank you for your interest in the **Path of Joy & Ease Five-Year Practice Program**.

This form helps us learn a little about your background and aspirations so we can determine whether the program is a good fit for you at this stage of your practice. Return the completed form by email to: pristine.awareness.foundation@outlook.com

Personal Details

Full Name: _____

Email Address: _____

Country/Time Zone: _____

1. Buddhist Background

How long have you been practising Buddhism?

☐ Less than 1 year

☐ 1–3 years

☐ 3–5 years

☐ 5–10 years

☐ More than 10 years

Please briefly describe your Buddhist practice and experience:

2. Buddhist Tradition

Which Buddhist tradition(s) are you currently connected with?

☐ Theravada

☐ Zen

☐ Chan

☐ Pure Land

☐ Tibetan Buddhism

☐ Insight Meditation (Vipassana)

☐ Secular Buddhism

☐ Other: _____

If Tibetan Buddhism, please indicate the lineage or school (if applicable):

3. Spiritual Teacher

Do you currently have a Buddhist teacher or spiritual mentor?

☐ Yes

☐ No

If yes, please provide their name and tradition:

4. Your Aspirations

What draws you to the Path of Joy & Ease Five-Year Practice Program?

What do you hope to gain from participating in this program?

5. Scholarship

Will you need a scholarship to participate in the program or can you self-fund?

☐ Self-fund

☐ Scholarship

6. Additional Information

Is there anything else you would like us to know about your practice, circumstances, or aspirations?

7. Declaration

I confirm that the information provided above is accurate to the best of my knowledge.

Signature: _____

Date: _____

Thank you for your interest in the Path of Joy & Ease Five-Year Practice Program. We look forward to learning more about you and will be in touch after reviewing your enquiry.

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