

Jean-Paul Paulson
Financial for three year retreat

Currently working full time at Spirit Rock meditation center in Marin California.

I currently have \$25,000 saved in my personal savings. I am keeping my expenses low and preparing for a retreat.

According to the retreat coordinator and the visa requirements, I need to keep at least \$25,000 in reserves to keep my long term visa status in France for the three year retreat. Plus around \$500 a year for insurance and some cash on hand for an emergency.

My aspiration is to continue to save to fund what remaining I need to for the remaining balance on the retreat. I will need to have funds for miscellaneous expenses. The funds reserved for my visa requirement remaining when I exit retreat.

With the money saved currently I will be able to meet the Visa requirements, plane ticket in all necessary funds, and preparation for my retreat.

I am also reaching out to the Khyentse foundation to try to raised a little money for the retreat for expenses related to the retreat.

I am estimating the total cost of the three year retreat which is roughly \$33,000-\$35,000 for expenses for the retreat \$25,000 in reserve to meet the visa requirements, insurance payments and miscellaneous expenses should come out to \$62,000-\$65,000.

My aspiration is to raise \$25,000 in grants and scholarships with the grant money offered, I should be able to meet the necessary funds with my savings to fund the three year retreat.

I should be able to save and raise \$10,000 on my own by working and some kindness from friends and sangha members by next year.

Gratefully Jean-Paul