

## Rates and Benefits

Member Type	Annual Fee	European Retreat discounts	Personal Retreat Accommodation	Teaching Retreats **	Kunselling Group Practice Retreats	Other Benefits
Global Meritorious	£1,330	100%*, free retreat cabins at Merigar	free	£5	free	Free copies of Shang Shung ebooks,  Mirror online + download, special gift.
Global Sustaining	£440	80%*	£7/day	£10/day	£7/day	Mirror online + download
Ordinary	£108	Standard rate applies	£10/day	£12/day	£10/day	Mirror online + download
KSL Package	£168	Standard rate applies	£7/day	£10/day	£7/day	Mirror online + download
Non Member	N/A	None; not a Merigar member	N/A	£22/day***	N/A	N/A

\* Except courses organized by the 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 specific open events or courses at Kunselling.

### Other Notes:

- **Winter Heating Charge at Kunselling:** An extra charge of £2/day will be added to the cost of retreats between 1st October and 31st March.
- **Dark Retreat Cabin:** the dark retreat cabin is £12/night for ordinary members and £10/night for all other members.
- **All UK Members** get access to the Mirror online and the Merigar Letter online, basic membership of the Shang Shung Institute, audio access to webcasts, free Dzogchen Journal and UK Events booklet and other mail outs.