



Freedom from Craving Buddhist Practice and Recovery

with

Kevin Griffin and Jean LaValley

October 17-21, 2012

5-day retreat at

Samish Island, Washington

Cost: \$215.00 (U.S. Funds), plus Dana to Teachers

Retreat Description:

The Buddha said craving is the cause of suffering. Craving may manifest in compulsive behaviors, habitual thought and emotional patterns and/or addiction to substances. Buddhists practice to let go of craving. Recovery programs work with the deepest forms of craving - our addictions. How can these traditions work together?

Join us for a meditation retreat combining traditional Buddhist practices and recovery work. Using silent insight meditation and interactive exercises, the retreat will explore ways that Buddhism and the 12 Steps complement and support each other. All paths - Buddhist and recovery - are welcome.

The emphasis of the retreat will be on bringing mindfulness to all our activities. Participants will practice Noble Silence outside of the interactive exercises.



Kevin Griffin is the author of *One Breath at a Time: Buddhism and the Twelve Steps* (2004) and the recent *A Burning Desire: Dharma God and the Path of Recovery*. He has been practicing Buddhist meditation for three decades and been in recovery since 1985. He has been a meditation teacher for over fifteen years. His teacher training was at Spirit Rock Meditation Center where he currently leads Dharma and Recovery classes. For more information, see www.kevingriffin.net.



Jean LaValley has been a dharma practitioner for 30 years and is a co-founder of Bellingham Insight Meditation Society. She graduated from the first Community Dharma Leaders Program at Spirit Rock Meditation Center, where she first met Kevin. Jean's interest is in dharma practice for householders, particularly practicing in a family setting.

Retreat specifics: This residential retreat will be held at Camp Samish, a rural retreat center south of Bellingham, Washington. The retreat will be conducted in noble silence with alternate periods of sitting and walking meditation, evening dharma talks and interviews. There will be 3 simple vegetarian meals a day. The camp is located on the coast and has extensive grounds for walking. All registrants will have a cabin to themselves.

Enhanced Cabins (“e-cabins”): Many newer cabins at the camp have shared indoor bathrooms. These cabins are available first for those with physical disability or those over 65, for an additional fee of \$5.00 per night. Please **register early to reserve an e-cabin**. Those without disabilities/under 65 who desire an “e-cabin,” will be placed on the “e-cabin” waiting list. All “e-cabins” have heat, electricity, sinks, queen beds (bring queen bedding), small table, chair, clothes rack & mirror.

Cabins: All other cabins are simple, with electricity, heat, single bunk beds (bring single bedding), clothes rack, chair, small table & mirror. They share the camp bathroom and showers.

Cost of Retreat: The cost of this retreat is **\$215.00** (U.S. funds only). The fees charged are used to pay Camp Samish costs for room and board. Any additional money is used for ongoing BIMS programs & expenses, including scholarships. We regret that BIMS is unable to make cost adjustments for personal circumstances. Please fill out the registration form and send with your check to the registrar (see below).

Partial Scholarships: A limited number of partial scholarships are available. For more information, contact the retreat registrar listed below. Scholarship requests are honored in the order received.

Checks: Please make checks payable in U.S. dollars to *BIMS (Bellingham Insight Meditation Society)*. Include the “e-cabin” fee (if selected) and scholarship fund donation (if desired) in your check amount.

Cancellation fee: BIMS cancellation fee is *25% of retreat fee*.

Registration Form: Complete and mail the one-page form below, along with your check, to the retreat registrar, or contact the registrar if you have additional questions.

Registrar: *Mary Stone*

Mary Stone
2510 Williams Street
Bellingham WA 98225-2712

Email questions: *marywstone@gmail.com*

Phone: (360)734-5901

Confirmation: Once your registration form and check have been received, a confirmation email or letter will be sent to you along with other details about the retreat, what to bring, and directions to the camp.

**Registration Form for Meditation Retreat with Kevin and Jean
October 17-21, 2012**

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Emergency contact: _____ Phone _____

Medical contact: _____ Phone _____

Email Address (used only for retreat-related contact) _____

Check all that apply:

I am registering for the October retreat. I am enclosing a check (\$ _____ U.S. funds only).	
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$20.00 to my retreat cost (\$5.00 per night x 4 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE OCTOBER 7 . After that date, "e-cabins" will be given to those who request them (see next box).	
I would like an "e-cabin" but do not meet the qualifications above. Please put me on a waiting list for an "e-cabin" and notify me on approximately OCTOBER 7 . I will bring an additional \$20.00 check to the retreat (\$5.00 per night x 4 nights).	
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____ (Please add to check amount)	
I need a ride --- I can give a ride --- to the retreat (circle one if appropriate)	
This is my first residential meditation retreat.	
I need to borrow cushions (zafu and/or zabuton).	
There will be 3 simple vegetarian meals a day. If you have additional dietary considerations please specify:	
I have medical considerations. Please specify:	

Mary Stone, Retreat Registrar
2510 Williams Street
Bellingham WA 98225-2712

Email questions: marywstone@gmail.com

Phone: 360-734-5901

A confirmation email or letter will be sent to you along with other details about the retreat, what to bring, and directions to the camp. If you need to cancel, BIMS will *refund 75% of your registration fee*.

Early registration is appreciated – thank you!

Registrar record: Check # _____ Check Amt \$ _____ Scholarship amt. awarded \$ _____
Retreat Fee Paid \$ _____ E-cabin supplement \$ _____ Contribution to scholarship fund
\$ _____ Date rec'd _____ Confirmation sent _____