



The Ten Perfections Leading to Awakening

with

Heather Martin and Dori Langevin

March 23 –April 1, 2012

a 10-day retreat at

Samish Island, Washington

Cost: **\$460.00** (U.S. Funds), plus Dana to Teachers

Retreat Description: During this Vipassana (Insight) Meditation retreat, we will explore The Ten Perfections which are 1) Generosity, 2) Virtue, 3) Renunciation, 4) Wisdom, 5) Energy, 6) Patience, 7) Truthfulness, 8) Determination, 9) Loving-kindness, and 10) Equanimity. The Ten Perfections offer a helpful framework for guiding Dharma practice in daily life and along the path to awakening. This retreat is suitable for both new and experienced practitioners.



Heather Martin has been meditating since 1972 and practicing Vipassana since 1981. Beginning with S.N. Goenka, she has since been influenced by both Burmese and Thai streams of the Theravada tradition, and by Tibetan Dzogchen with Tsoknyi Rinpoche. She has been leading retreats in Canada and the US since 2001. She worked for 20 years as a midwife, and lives on Salt Spring Island, B.C. Her teaching embodies ease and joy, is grounded in realism, and is both practical and wholehearted.



Dori Langevin began the study and practice of Vipassana meditation in 1997 with Tara Brach and the Insight Meditation Community of Washington where she served on the Teachers Council from 2003-2007. Dori completed a four-year teacher-training program in Buddha-Dharma and Vipassana Meditation at Spirit Rock Meditation Center and currently teaches young adult and family retreats at both Spirit Rock and the Insight Meditation Center there. In 2007, she and her husband, Ted, moved to Spokane Valley, WA where she started Mainstream Mindfulness to teach and lead retreats. Other retreats she has taught include those at Southern Dharma, Omega Institute, Buddhist Peace Fellowship, MAYA, and Dharma Zephyr IMC. Dori also volunteers at Airway Heights Corrections Center, a medium security center for men, where she teaches a weekly meditation class through the religious activities center.

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 **\$460.00** (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:

Patrice Bailey
P.O. Box 5314
Bellingham, WA 98227

Email questions: ridhwangirl@juno.com

Phone (leave msg.): 360-220-6358

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 Heather and Dori
March 23 – April 1, 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 March 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 \$45.00 to my retreat cost (\$5.00 per night x 9 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE MARCH 13 (DATE 10 DAYS BEFORE RETREAT STARTS). 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 MARCH 13 (10 days before the retreat starts). I will bring an additional \$45.00 check to the retreat (\$5.00 for 9 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:	

Patrice Bailey, Retreat Registrar
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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 _____