

A Weekend Insight (Vipassana) Meditation Retreat with Heather Martin

Saturday, February 14, 9 – 5 pm &
Sunday, February 15, 9 – 4 pm, 2015

Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA

(Heather will also be giving a public talk
Friday, Feb. 13th at 7-9pm at the hall)



The Teacher: Heather Martin has been meditating for over 40 years, in various traditions. Theravada has been her main practice since 1981 (with some exposure to Dzogchen in the Tibetan tradition, and the teaching of Burmese Sayadaw U Tejaniya more recently). She has been teaching retreats in North America since 2001, mostly in the western provinces of Canada and the west coast of the US. She guides Salt Spring Island Vipassana Community, where she has lived for 37 years. She emphasizes the practical application of these perennially brilliant teachings, with warm-heartedness, clarity and accessibility.

The Topic: The Bellingham Sangha welcomes Heather Martin to a silent Insight (Vipassana) meditation retreat, which is suitable for all students of meditation. Insight (Vipassana) meditation is a simple and direct meditation practice, which is a moment to moment investigation into the mind, heart and body. This process cultivates compassion for oneself and others, and deepens an understanding of the way things are, which is a primary teaching of the Buddha. The weekend will include sitting and walking meditation practice as well as dharma talks.

Cost: \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members/\$50.00 non-members, plus an opportunity to offer dana (donation) to Heather. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>

REGISTRATION FORM

Heather will be giving a public talk on Friday, February 13th, 7-9 pm, at the hall

Heather Martin non-residential meditation retreat, Feb. 14 and 15, 2015

Please note that the fees charged go to the Bellingham Insight Meditation Society (BIMS), and are used to cover BIMS costs. There will be an opportunity to offer Heather dana (donation) for sharing the Dharma at the retreat.

Name _____ Phone _____

Address _____

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

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

I am a BIMS member. I am enclosing a check or money order for \$25, U.S. Funds only.	
I am not a BIMS member. I am enclosing a check or money order for \$50, U.S. Funds only.	
I would like to contribute to BIMS scholarship fund. Amount: _____	

Cushions: The Red Cedar Dharma Hall has many cushions, mats & sitting benches, though you may bring your own if you prefer. Also, there are many chairs available.

Payment: Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.
Send check and completed form to the registrar:

Gretchen Harsch
P.O. Box 4141
Bellingham, WA 98227

Email: satisukha@comcast.net Phone: 360-714-1217

Confirmation: A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

Early registration is appreciated – thank you!