



# ***Meditation Retreat***

*with*

**Heather Martin**

*And*

**Pascal AuClair**

**March 28-April 4, 2016**

**An 8 day retreat at**

**Samish Island, Washington**

**Cost: \$450.00 (U.S. Funds), plus Dana to Teacher**

***Retreat Description:*** This residential retreat will be held at a rural retreat center south of Bellingham. The retreat location is on the water and has extensive grounds for walking. All registrants will have a cabin to themselves. There will be 3 simple vegetarian meals a day. This retreat is suitable for both new and experienced practitioners.

## ***The Wise Heart***

**The Mind and the Heart are not separate: when we understand, we care about each other. When we care, we can understand each other. As our minds clear and settle, our hearts soften and open.**

The mutually inclusive natural unfolding enables us to experience the liberating insights which nourish, uplift and ultimately free us. This 'Wise Heart' is what we'll explore and cultivate during our silent days together in this beautiful setting.



***Heather Martin***

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.



***Pascal AuClair***

Pascal AuClair has been immersed in Buddhist practice and study since 1997, sitting retreats in Asia and America with revered monastics and lay teachers. He has been mentored by Joseph Goldstein and Jack Kornfield at the Insight Meditation Society (IMS) in Massachusetts and Spirit Rock Meditation Center in California, where he is now enjoying teaching retreats. Pascal also teaches internationally. His depth of insight, classical training, and creative expression all combine in a wise and compassionate presence. In addition, his warmth and humor make Pascal a much appreciated teacher.

**Cost of Retreat:** The cost of this retreat is **\$450.00** (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 very limited number of partial scholarships are available. Scholarship requests are honored in the order in which they are received.

***NO SCHOLARSHIPS CAN BE GRANTED WITHOUT CONTACTING THE REGISTRAR FIRST BY EMAIL.***

**Enhanced Cabins (“e-cabins”):** These cabins have shared indoor bathrooms. They 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 or a sleeping bag and pillow), small table, chair, clothes rack & mirror.

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

**Checks:** Please make checks payable in **U.S. funds** 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:** If you need to cancel, BIMS cancellation fee is 25% up to 10 days before the retreat (March 18) and any time after that it is 50%.

## Meditation Retreat with Heather Martin and Pascal AuClair

**March 28-April 4, 2016**

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-April retreat. I am enclosing a check for the full retreat cost of <b>\$450.00 U.S. funds</b> only.	
I would like an “e-cabin” with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding <b>\$35.00</b> to my retreat cost (\$5.00 per night x 7 nights). <b>THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE March 18</b> (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 <b>March 18</b> (Date 10 days before retreat starts). I will bring an additional <b>\$35.00</b> check to the retreat (\$5.00 per night x 7 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:	

Please make checks payable in **U.S. dollars** to *BIMS (Bellingham Insight Meditation Society)*. Include the e-cabin fee (if selected) and scholarship donation in your check amount. Send this form and your check to the retreat registrar:

<b>Gretchen Harsch Retreat Registrar</b> P.O. Box 4141 Bellingham WA 98227	<b>Email questions:</b> <a href="mailto:satisukha@comcast.net">satisukha@comcast.net</a> <b>Phone: 360-714-1217</b>
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A confirmation email or letter will be sent you with details about what to bring to retreat. If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (March 18) and any time after that the refund will be 50%.

***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 \_\_\_\_\_