



Meditation Retreat *with* **Heather Martin and Pascal Auclair**

April 13-22, 2018

a 10 day retreat at

Samish Island, Washington

Cost: \$615.00 (U.S. Funds), plus Dana to Teachers

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.

What does it mean to be fully human?

Are we in touch with our innate depth and potential?

Can we live with greater reverence, wonder and freedom

Can we contribute the best of ourselves to our world, our people, ourselves?

Practicing Present Awareness, evoking Friendliness, and Careful Inquiry supports this journey of our one precious life.



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 teaches in North America and in Europe. His depth of insight, classical training, and creative expression all combine in a wise and compassionate presence. In addition, his warmth and humour make Pascal a much appreciated teacher.

Cost of Retreat: The cost of this retreat is **\$615.00** (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. PayPal may also be used for payments (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 \$10.00 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.

There are many more qualified people for e-cabins than are available. We also have people who physically cannot attend the retreat unless they can stay in an e-cabin. So, if you are qualified for an e-cabin but feel that you can stay in a rustic one, it would be greatly appreciated by someone. If you and a partner or friend are experienced meditators and each are qualified for an e-cabin, you are welcome to register for the same room, which would open another e-cabin. If you share an e-cabin with someone, the cabin is still only \$10.00 per night, i.e., \$5 a person per night.

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 shower facilities.

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.

PayPal: Payment should be made to the PayPal account: bimspp@gmail.com.

Cancellation Fee: If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (April 3). Any time after that, the refund will be 50%.

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April 13-22, 2018

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 April retreat. I am enclosing a check for the full retreat cost of \$615.00 U.S. funds only.	
I am registering for the April retreat. I am authorizing a PayPal payment for the retreat cost (plus the PayPal fee) of \$629.00 (US PayPal account) or \$638.00 (Canadian PayPal account). Payment should be made to the PayPal account: bimspp@gmail.com .	
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$90.00 to my retreat cost (\$10.00 per night x 9 nights) (\$92.00 for US PayPal account, \$93.00 for Canadian PayPal account). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE April 3 (10 days before retreat starts). After that date, "e-cabins" will be given to those who request them (see below).	
I can share an e-cabin.	
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 April 3 (10 days before retreat starts). I will bring an additional \$90.00 check or cash to the retreat (\$10 per night x 9 nights).	
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____ (Please add to check or PayPal amount.)	
I need a ride <input type="checkbox"/> I can give a ride <input type="checkbox"/> to the retreat (check 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: If paying by PayPal, please contact the Registrar for instructions.

Gretchen Harsch, Registrar 425 Chuckanut Drive, N., #42 Bellingham WA 98229	Email questions: satisukha@comcast.net Phone: 360-714-1217
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A confirmation email or letter will be sent you with details about what to bring to the retreat. If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (April 3). Any time after that, the refund will be 50%.

Early registration is appreciated – thank you!

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