



Vipassana Meditation Retreat

with
Ajahn Santidhammo

"Every step is an arrival and a departure on the path of peace."

October 18-23, 2011, Samish Island, WA
a 6-day retreat

Cost: \$245.00 (U.S. Funds)
plus dana for Wat Atamm Monastery projects

INSIGHT (VIPASSANA) MEDITATION is a simple and direct practice that calms the mind, allowing you to see yourself and life as a naturally changing process.

Retreat: "Every step is an arrival, and a departure, on the path of peace": Our journey to peace begins today and every day. Peace is a path that is chosen consciously. It is not an aimless wandering, but a step by step process. Every step is a meditation. Every step is a prayer. Every step builds a bridge to peace. Ajahn Santi will use Mindfulness of Breathing, Mindfulness of Feeling, and Loving-Kindness during this retreat. This retreat is suitable for both new and experienced practitioners.



Venerable Santidhammo is a Theravada Buddhist monk of Wat Atammayata Buddhist Monastery in Woodinville, Washington. He is a disciple of Preah Maha Ghosananda of Cambodia.

He was a former Catholic seminarian, spent four years in the Air Force, was an AIDS activist, and a freelance journalist. He began practicing meditation in 1992. Ordained as novice monk in Cambodia in 1998, and studied Buddhist meditation in various centers in Cambodia, Vietnam, Thailand, and Burma. He was ordained as a monk in the USA in 2000.

He will use meditation teachings received from Ajahn Santikaro and Ajahn Buddhadasa of Thailand (Anapanasati: Mindfulness of Breathing); and Preah Maha Ghosananda (Mindfulness of Feeling, and Loving-kindness).

Retreat specifics: This residential retreat will be held at 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 on the water and has extensive grounds for walking. All retreatants will have a cabin to themselves, described below. Optional yoga instruction will be offered in the afternoons.

Dana: Ajahn Santi offers the Dhamma freely, and neither he nor his monastery (Atammayatarama Buddhist Monastery) receive any of the retreat registration funds. There will be an opportunity to support Wat Atamm or their worthy projects in Cambodia at the retreat.

Notes on monastic etiquette: Dress should be simple, modest and comfortable. Please be sure your shoulders, midriff, and legs are covered: no shorts or tank tops. Tee shirts or short sleeved blouses are okay. Care should be taken not to point the feet at the monk, the Buddha image, or the altar, as this is considered impolite. If you have a question for Ajahn Santi and wish to approach him outside of a question-and-answer period, please come down to his level or a bit lower as a gesture of respect. Please

refrain from physical contact with Ajahn Santi. In lieu of a handshake, an appropriate greeting in our tradition is to offer a gesture of respect, anjali, with hands joined together, fingers upward at heart level.

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 **\$245.00** (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 below.

Partial Scholarships: A limited number of partial scholarships are available. For more information, contact the retreat registrar listed below. Scholarships 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 above) and scholarship donation in your check amount. Send this form with your check to the retreat registrar.

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

Registration Form: Mail the one-page form to the retreat registrar, or contact with additional questions.

Registrar:

Karen Sheldon, Retreat Registrar
2644 Donovan Ave.
Bellingham, WA 98225.

Email questions: karen.sheldon@gmail.com

Phone (leave msg.) 360-647-8414

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October 18 – 23, 2011

Name _____ Phone _____

Address _____

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

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

Emergency contact: _____ Phone _____

Medical contact: _____ Phone _____

Check all that apply:

| | |
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| 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 \$ 25.00 to my retreat cost (\$5.00 per night x 5 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE OCTOBER 8 (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 OCTOBER 8 (10 days before the retreat starts). I will bring an additional \$ 25.00 check to the retreat (\$5.00 for 5 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 or physical needs (please specify): | |

Karen Sheldon, Retreat Registrar
2644 Donovan Ave.
Bellingham, WA 98225.

Email questions:
karen.sheldon@gmail.com
Phone (leave msg.) 360-647-8414

A confirmation email or letter will be sent you with details about what to bring. If you need to cancel, BIMS will refund 75% of your registration fee.

Early registration is encouraged – thank you!

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