



**Bellingham Insight Meditation Society presents  
Andrea Fella**

**A two day non-residential retreat**

**taught in the style of Sayadaw U Tejaniya**

**Saturday and Sunday**

**April 10 and 11, 2010**

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

During this non-residential retreat we will explore the meditation style taught by Sayadaw U Tejaniya: a relaxed open awareness with an emphasis on exploring qualities of mind, and the attitude towards one's experience. Such an open awareness practice supports both the formal meditation of sitting and walking, as well as awareness of our normal daily activities. The schedule for the retreat will alternate periods of sitting and walking with instructions and discussion. Aside from the instruction and discussion periods, the days will be primarily in silence.

Andrea Fella has been practicing Insight Meditation since 1996, and was quickly drawn to intensive retreat practice. She has done many retreats of several months in length, both in the U.S. and Burma. She has practiced both as a lay person and as a nun. Her Burmese teachers include Sayadaw U Pandita, Sayadaw U Janaka, and Sayadaw U Tejaniya. Her main American teachers include Joseph Goldstein, Gil Fronsdal, and Carol Wilson. Andrea has been teaching residential retreats since 2006. She also teaches classes at the Insight Meditation Center (IMC) in Redwood City, California, and works closely with Gil Fronsdal to create IMC's programs. Her teachings emphasize clarity and practicality. She has taught residential retreats at IMC, Cloud Mountain and Spirit Rock. You can hear some of Andrea's dharma talks online at <http://www.audiodharma.org/talks-andrea.htmls>



**Schedule (for both Saturday and Sunday):**

**Time:** 9:00 am to 4:00 pm

**Lunch Break:** There will be a break for lunch from 12 to 1 p.m. You may bring a brown bag lunch, or eat at a nearby local establishment. Tea is available downstairs in the Dharma Hall. If you'd like to bring cookies or other goodies to share with others, that is a good thing.

**Retreat Cost:** \$30.00 for BIMS pledge-members, \$40.00 for non-members. Pre-registration is required, as we expect this retreat to be full. If you must cancel, please let us know. Your fee will go to the BIMS general fund to sponsor future retreats & workshops. No refunds will be made.

**Dana:** Your support for our teacher is generously encouraged.

# REGISTRATION FORM

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## Andrea Fella non-residential meditation retreat, April 10 and 11, 2010

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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 enclose a check or money order for \$30.	
I am not a BIMS member. I am enclosing a check or money order for \$40.	
I would like to contribute to BIMS scholarship fund. Amount: _____	

**Cushions:** The Red Cedar Dharma Hall has many cushions, mats, 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 registrar:

Caroline Kingsbury  
302 S. Forest St.  
Bellingham, WA 98225

Email: [caroline@affoinfo.com](mailto:caroline@affoinfo.com) Phone: 360-734-9903

**Confirmation:** A confirmation letter with information, including directions to the Hall, will be sent after your registration is received.

***Early registration is appreciated – thank you!***