

Mindfulness of Body: Awakening Presence in Stillness and Motion with Dori Langevin

September 10th & 11th, 2011
9^{AM} - 4^{PM}

Red Cedar Dharma Hall

1021 N. Forest St. Bellingham, WA

(Dori will be giving a public talk open to all, whether attending the retreat or not, Friday, Sept. 9, 7-9 pm at the hall)



The Teacher: Dori Langevin began the study and practice of Vipassana meditation in 1997 with Tara Brach and the Insight Meditation Community of Washington where she served on the Teachers Council from 2003-2007. In 2007, she and her husband Ted moved to Spokane Valley, WA where she now teaches classes and retreats (www.mainstream-mindfulness.com).

Dori teaches residential retreats at Spirit Rock Meditation Center (Young Adult Retreat) and Insight Meditation Society (Family Retreat) and completed the centers' four-year teacher training program in Buddha-Dharma and Vipassana Meditation. She has also taught retreats at Southern Dharma, Omega Institute, Buddhist Peace Fellowship, MAYA, and Dharma Zephyr IMC. Dori also volunteers at Airway Heights Corrections Center (men's medium security) teaching a weekly Buddhist meditation class through the Religious Activities Center.

The Topic: Come ready to drop views and opinions (virtual reality) about the body's world of sensations and awaken embodied presence: open, receptive, full-hearted attention to the life of the body, just as it is, moment-to-moment. The body is a field of pleasure and pain enfolded in layers of aversion and grasping, conditioned by culture, gender, childhood, karma, ad infinitum. It is also the vehicle of emotional awareness and expression – joy, anger, sadness, ecstasy, anxiety, tranquility, fear. Learning to tend and befriend this “home” we live in awakens a natural presence of wisdom and compassion.

We will practice mindfulness of body and breathe invoking continuity practice from the very start ... using the four formal postures (sitting, standing, walking, lying) and eating, as well as all movement in between as practice ground. Movement is change. Moving meditation will be easeful, but focused so we can investigate how we perceive and respond to the impermanent flow of experience and open to a selfless “moving without a mover.”

Lunch will be a practice period to delight in embodied eating – bring a lunch that you really want to taste!

Cost: \$30.00 for BIMS (Bellingham Insight Meditation Society) pledge-members/\$40.00 non-members, plus an opportunity to offer dana (donation) to Dori. For information on becoming a BIMS pledge-member please visit us online at <http://www.bellinghaminsight.org>.

REGISTRATION FORM

Dori will be giving a free public talk on Friday, September 9, 7-9 pm, at the hall

Dori Langevin non-residential meditation retreat September 10 and 11, 2011

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 Dori dana for sharing the Dhamma 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 enclose a check or money order for \$30, U.S. funds.	<input type="checkbox"/>
I am not a BIMS member. I am enclosing a check or money order for \$40, U.S. funds.	<input type="checkbox"/>
I would like to contribute to BIMS scholarship fund. Amount: _____	<input type="checkbox"/>

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:

Willow Myers
102 Carter Drive
Bellingham, WA
98225

Email: dwmn@comcast.net Phone: 360-961-1734

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

Early registration is appreciated – thank you!