



Freedom in a Female Form: Exploring Women's Stories and Koans About the Body

A non-residential women's retreat led by
Florence Caplow and Jean La Valley

Friday - Sunday
February 10-12, 2012
Red Cedar Dharma Hall
1021 N. Forest, Bellingham, WA

This non-residential, non-sectarian, dana-based retreat will be an opportunity to explore our practice together as women. In silence, in contemplation, and in dialogue, we will consider the stories and koans of wise Buddhist women through the ages, and reflect on our own lives and dharma. This year's retreat will focus on the body.

The koans will be drawn from a book in progress, edited by Florence Caplow and Sue Moon: *Record of the Hidden Lamp: 100 Koans and Stories from Twenty-Five Centuries of Awakened Women* (to be published by Wisdom Press).

Florence Caplow is an itinerant Soto Zen priest, vipassana practitioner, writer, and botanist. **Jean La Valley** is a community dharma leader with the Bellingham Insight Meditation Society. Florence and Jean have shared the path as dharma sisters for 24 years.

Schedule: **Friday, 7:30-9:00 pm**
Saturday 8:30 am-5:00 pm & Sunday, 8:30 am-1:00 pm

A simple dinner of soup, salad, and bread will be offered at the Dharma Hall on Saturday night. If you would like to bring something to share, that would be lovely. Bring a brown bag lunch on Saturday, or you may eat at a nearby restaurant.

If you register, please make a commitment to attend the entire retreat. Pre-registration is required. The retreat is limited to 25 women, so early registration is recommended.

Retreat Cost: The retreat is offered freely. There will be an opportunity to offer dana (donation).

REGISTRATION FORM

Women's Non-Residential Weekend Retreat February 10-12, 2012

Name _____ Phone _____

Address _____

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

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

Please register me. I will be able to attend the entire retreat.	
I would like to make a donation toward the costs of the retreat. Amount: _____ (please attach check to BIMS or mail to address below)	
I would like accommodation in the home of a sangha member on Friday and Saturday nights. I have allergies to _____	
I can provide accommodation for an out of town retreatant. I have cats _____ dogs _____ other _____	
I would like to attend the Saturday dinner (soup, salad, bread) Food allergies? _____	

Cushions: The Red Cedar dharma hall has many cushions and mats, though you may bring your own if you prefer. There are also many chairs available.

Payment: Send registration form and check (if you wish to donate towards the cost of the retreat. Make checks *payable to BIMS (Bellingham Insight Meditation Society)* to Colleen Semple, 2328 Franklin St. Bellingham WA 98225

Email questions to Colleen at semplec57@gmail.com or phone 360-733-9187.

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

Registrar's section:

BIMS contrib. \$ _____ Check # _____

Date rec'd: _____ Confirmation emailed : _____