



# ***Meditation Retreat***

*with*  
**Heather Martin and Andrea Fella**

**April 1-10, 2011**  
a 10-day retreat at

**Samish Island, Washington**

Cost: **\$465.00** (U.S. Funds), plus Dana to Teachers

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.

During this 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.



**Heather Martin** has been meditating since 1972 and practicing Vipassana since 1981. Beginning with S.N. Goenka, she has since been influenced by both Burmese and Thai streams of the Theravada tradition, and by Tibetan Dzogchen with Tsoknyi Rinpoche. Most recently she has been studying with Burmese Sayadaw U Tejaniya. She has been leading retreats in Canada and the US since 2001. She worked for 20 years as a midwife, and lives on Salt Spring Island, B.C. Her teaching embodies ease and joy, is grounded in realism, and is both practical and wholehearted.



**Andrea Fella** has been practicing Insight Meditation since 1996, and under Gil Fronsdal's guidance, began teaching meditation classes in 2003. She is particularly drawn to intensive retreat practice, and has done a number of long retreats, both in the U.S. and Burma. During one practice period in Burma she was ordained as a nun with Sayadaw U Janeka. Andrea teaches residential retreats for IMC, and is in the Spirit Rock teacher training program with Jack Kornfield and Joseph Goldstein.

**Cost of Retreat:** The cost of this retreat is **\$465.00** (U.S. funds only). Retreat fees are used to pay direct costs of the retreat. Any remaining funds are used for ongoing BIMS programs. We regret that we are unable to make cost adjustments for personal circumstances. BIMS cancellation fee is *25% of retreat fee*.

**Partial Scholarships:** A limited number of partial scholarships are available. For more information, contact the [retreat registrar](#). Scholarships requests are honored in the order received.

**Cabins** have electricity, heat, single beds, clothes rack, chair, small table, and mirror. They are simple, clean, and share the camp bathroom and showers.

**Enhanced Cabins ("e-cabins"):** 16 newer cabins at the camp have shared indoor bathrooms. These cabins are available on a first-come, first-served basis, for \$5.00 additional fee per night. If you have special

needs or desire one of these cabins, **register early**. E-cabins have above items, plus sinks and queen beds (bring queen bedding).

Meditation Retreat with Heather and Andrea  
**April 1-10, 2011**

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 \$465, U.S. funds only.	
I would like an "e-cabin" with indoor bathroom. I am adding \$45.00 to my retreat cost (\$5.00 per night x 9 nights)	
I have been approved by the registrar for a partial scholarship of \$ _____. I am enclosing a check for the remainder of the retreat cost, in US funds: \$ _____.	
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. 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:

**Caroline Kingsbury, Retreat Registrar**  
**302 S. Forest St**  
**Bellingham, WA 98225**

**Email:** caroline@affoinfo.com  
**Phone:** 360-734-9903 (leave msg)

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

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

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