



**Bellingham Insight Meditation Society presents**  
**Heather Martin**  
**A two day non-residential retreat**  
**taught in the style of Sayadaw U Tejaniya**  
**Saturday and Sunday**  
**July 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.

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.



**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 (U.S. Funds). 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 generous support for Heather is greatly encouraged and appreciated.

# REGISTRATION FORM

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## Heather Martin non-residential meditation retreat, July 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 (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:

Geneva Blake  
520 Linden Road  
Bellingham, WA 98225

Email: [geneva@openaccess.org](mailto:geneva@openaccess.org) Phone: 360-676-2701

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

**Note:** There are no refunds for non-residential retreats. If you have to cancel, the retreat fee will remain in general BIMS funds.

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