



Sustaining Practice
with
Heather Martin and Jean LaValley

September 30th-October 5th, 2014

a 6-day retreat at

Samish Island, Washington

Cost: \$295.00 (U.S. Funds), plus Dana to Teachers

Retreat Description:

A silent meditation retreat enables various qualities to arise within us as we withdraw for awhile from the rapid-fire of relentless stimulation: settling down, calming, a friendly attention to our immediate experiences, and time for reflection. During this retreat we will identify and work with the factors that sustain our practice, on and off the cushion, on retreat and in daily life. Gladness and spaciousness are two such factors which will be cultivated and encouraged. We will also identify and appreciate the ways in which the practice sustains and supports us.

The retreat is open to those with all levels of meditation experience, including none.



Heather Martin has been meditating for over 40 years, in various traditions. Theravada has been her main practice since 1981 (with some exposure to Dzogchen in the Tibetan tradition, and the teaching of Burmese Sayadaw U Tejaniya). She has been teaching retreats in North America since 2001, mostly in the western provinces of Canada and the west coast of the US. She guides the Salt Spring Island Vipassana Community, where she has lived for 35 years. For more information about Heather you can visit www.ssvipassana.org



Jean LaValley has been meditating in the Theravadan tradition since 1980. She is a co-founder of the Bellingham Insight Meditation Society (BIMS), the BIMS Teaching Corps and is a graduate of the Community Dharma Leader training program through Spirit Rock Meditation Center. She is interested in and working with what it means to “practice like your hair’s on fire” while “being nobody, going nowhere.”

Retreat specifics: This residential retreat will be held at Camp Samish, a rural retreat center south of Bellingham, Washington. The retreat will be conducted in noble silence with alternate periods of sitting and walking meditation, evening dharma talks and interviews. There will be 3 simple vegetarian meals a day. The camp is located on the coast and has extensive grounds for walking. All registrants will have a cabin to themselves.

Enhanced Cabins (“e-cabins”): Many newer cabins at the camp have shared indoor bathrooms. These cabins are available first for those with physical disability or those over 65, for an additional fee of \$5.00 per night. Please **register early to reserve an e-cabin**. Those without disabilities/under 65 who desire an “e-cabin,” will be placed on the “e-cabin” waiting list. All “e-cabins” have heat, electricity, sinks, queen beds (bring queen bedding or a sleeping bag and pillow), small table, chair, clothes rack & mirror.

Cabins: All other cabins are simple, with electricity, heat, single bunk beds (bring single bedding or a sleeping bag and pillow), clothes rack, chair, small table & mirror. They share the camp bathroom and showers.

Cost of Retreat: The cost of this retreat is **\$295.00** (U.S. funds only). The fees charged are used to pay Camp Samish costs for room and board. Any additional money is used for ongoing BIMS programs & expenses, including scholarships. We regret that BIMS is unable to make cost adjustments for personal circumstances. Please fill out the registration form and send with your check to the registrar (see below).

Partial Scholarships: A limited number of partial scholarships are available. For more information, contact the retreat registrar listed below. Scholarship requests are honored in the order received.

Checks: Please make checks payable in U.S. dollars to BIMS (Bellingham Insight Meditation Society). Include the “e-cabin” fee (if selected) and scholarship fund donation (if desired) in your check amount.

Cancellation Fee: If you need to cancel, BIMS cancellation fee is 25% up to 10 days before the retreat (September 21) and any time after that it is 50%.

Registration Form: Complete and mail the one-page form below, along with your check, to the retreat registrar, or contact the registrar if you have additional questions.

Registrar:
Gretchen Harsch
P.O. Box 4141
Bellingham WA 98227

Email questions: satisukha@comcast.net
Phone: (360)714-1217

Confirmation: Once your registration form and check have been received, a confirmation email or letter will be sent to you along with other details about the retreat, what to bring, and directions to the camp.

Registration Form for Meditation Retreat with Heather and Jean
September 30 -October 5, 2014

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 October retreat. I am enclosing a check (\$_____ U.S. funds only).	
I would like an “e-cabin” with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$25.00 to my retreat cost (\$5.00 per night x 5 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE SEPTEMBER 17. After that date, “e-cabins” will be given to those who request them (see next box).	
I would like an “e-cabin” but do not meet the qualifications above. Please put me on a waiting list for an “e-cabin” and notify me on approximately SEPTEMBER 17. I will bring an additional \$25.00 check to the retreat (\$5.00 per night x 5 nights).	
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:	

Gretchen Harsch, Registrar
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Bellingham WA 98227

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Early registration is appreciated – thank you!