



Vipassana Meditation Retreat

with
Heather Martin

October 12-17, 2010
a 6-day retreat

Samish Island, WA

Cost: **\$245.00** (U.S. Funds)
plus Dana to Teachers

INSIGHT (VIPASSANA) MEDITATION is a simple and direct practice that calms the mind, allowing you to see yourself and life as a naturally changing process. This moment-to-moment investigation into the mind-heart-body process through concentrated, focused awareness cultivates compassion for oneself and others and deepens understanding of the way things are. It is the primary teaching of the Buddha.

This residential retreat will be held at a rural retreat center south of Bellingham, WA. The retreat will be conducted in noble silence with alternate periods of sitting and walking meditation, evening dharma talks and interviews. Instruction in both vipassana meditation and metta (loving-kindness) will be offered. There will be 3 simple vegetarian meals a day. The camp is on the water and has extensive grounds for walking. All registrants will have a cabin to themselves. Optional yoga instruction will be offered in the afternoons. This retreat is suitable for both new and experienced practitioners.



***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.*

Cost of Retreat: The cost of this retreat is **\$245.00** (U.S. funds only). Retreat fees are used to pay direct costs of the retreat. Any additional money is used for ongoing programs & expenses, including scholarships. We regret that BIMS is 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.

Enhanced Cabins (“e-cabins”): Many 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 heat, electricity, sinks, queen beds (bring queen bedding), small table, chair, clothes rack, mirror.

All other cabins have electricity, heat, single bunk beds, clothes rack, chair, small table, mirror. They are simple, clean, and share the camp bathroom and showers.

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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 (\$245 , U.S. funds only).	
I would like an "e-cabin" with indoor bathroom. I am adding \$25.00 to my retreat cost (\$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).	
I would like to borrow an assisted-hearing device (BIMS has a limited number available)	
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 above) and scholarship donation in your check amount. Send this form and your check to the retreat registrar:

Karen Sheldon, Retreat Registrar 2644 Donovan Ave Bellingham, WA 98225	Email questions: Karen.Sheldon@gmail.com Phone (leave message): 360-647-8414
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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 _____