

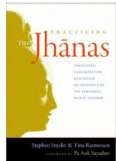


Tina Rasmussen & Stephen Snyder

TINA RASMUSSEN, PhD, learned to meditate in 1976, at the age of 13. In 2003, she completed a year-long silent solo retreat. In 2005 she was ordained as a Theravadan Buddhist nun by Ven. Pa Auk Sayadaw of Burma who later authorized her to teach. Tina is the co-author of *Practicing the Jhanas* (with Stephen Snyder). She has worked as a professional coach and OD consultant for more than 25 years. She completed her Ph.D. in 1995, and has authored several published books on humanistic business practices.

STEPHEN SNYDER, JD, began practicing Buddhist meditation in 1976, and has had a daily meditation practice since. He practiced for 20 years with several Western Zen masters, participating in more than 50 retreats and receiving several ordinations. In 2005, he completed a retreat with Ven. Pa Auk Sayadaw of Burma, who later authorized him to teach. Stephen is the co-author of the book *Practicing the Jhanas* (with Tina Rasmussen). Stephen has been a practicing lawyer and mediator since 1987.

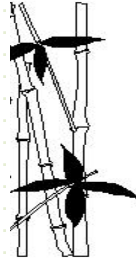
Tina and Stephen are a married couple and offer teaching and retreats to students worldwide. For more information about them, please visit their website at [www.JhanasAdvice.com](http://www.JhanasAdvice.com).



Tina and Stephen are co-authors of the book, *Practicing the Jhanas: Traditional Concentration as taught by Ven. Pa Auk Sayadaw*, published by Shambhala Publications. They were authorized to teach in 2008 and now offer events across North America.

"Tina Rasmussen and Stephen Snyder draw on a wealth of experience to clearly elucidate and fine-tune this profound meditative path. Highly recommended."

-Joseph Goldstein



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Tina Rasmussen and Stephen Snyder  
October 13-19, 2013

a 7 day retreat at Samish Island,  
Washington

**Brahmaviharas:  
Purification of the Heart**

Cost: \$ 350.00 (U.S. Funds), plus Dana to  
Teachers

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### Retreat Description:

The Brahmaviharas, also known as the Sublime Abidings, are meditation practices employed to invite a softening of our heart, our relationship to ourselves and others, as well as our unbroken connection to the ground of being/the unconditioned. The four sublime abidings are: metta (loving kindness), karuna (compassion), mudita (empathetic joy), and upekkha (equanimity). The Brahmaviharas are part of the samatha (concentration/serenity) portion of the Buddha's path of practice. In this retreat you will experientially practice each of these four meditations. Also, you will gain a deeper understanding, through dharma talks and Q &A, of what the impact of these meditations can be upon our sense of self and the relationship between our meditative intention and the path of liberation.

### 2013 – 2014 Events Calendar

**Introduction to Concentration Meditation Daylong:**  
Saturday, Feb. 22, 2014, Spirit Rock Meditation Center,  
Woodacre, CA

**Introduction to Concentration Meditation 4-day Retreat:**  
Jan. 23-27, 2014, Cloud Mountain Retreat Center, Castle  
Rock, WA

**Introduction to Concentration Meditation Weekend  
Retreat:** Saturday, July 19 & 20, 2014, White Heron Sanga,  
San Luis Obispo, CA

**Purification of Mind 27-day Retreat:** Sept. 6 - Oct. 3, 2014,  
Cloud Mountain Retreat Center, Castle Rock, WA

For more information on how to register for these  
events, please visit [www.JhanasAdvice.com](http://www.JhanasAdvice.com).

## 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), small table, chair, clothes rack & mirror. Couples may be together in e-cabins, so long as they abide by the precepts, especially no talking and sexual abstinence.

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

**Cost of Retreat:** The cost of this retreat is \$350.00 (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:** BIMS cancellation fee is 25% of retreat fee.

**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:**

Linda Ballantine  
10086 Halloran Rd.  
Bow, WA 98232  
Phone: (360) 421-1796  
Email: laballantine@gmail.com

**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 Tina and Stephen

October 13-19, 2013

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).	<input type="checkbox"/>
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$30.00 to my retreat cost (\$5.00 per night x 6 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE OCTOBER 7. After that date, "e-cabins" will be given to those who request them (see next box).	<input type="checkbox"/>
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 OCTOBER 7. I will bring an additional \$30.00 check to the retreat (\$5.00 per night x 6 nights).	<input type="checkbox"/>
I can contribute to the scholarship fund to help others attend future retreats. Amount \$_____ (Please add to check amount)	<input type="checkbox"/>
I need a ride --- I can give a ride --- to the retreat (circle one if appropriate)	<input type="checkbox"/>
This is my first residential meditation retreat.	<input type="checkbox"/>
I need to borrow cushions (zafu and/or zabuton).	<input type="checkbox"/>
There will be 3 simple vegetarian meals a day. If you have additional dietary considerations please specify:	<input type="checkbox"/>
I have medical considerations. Please specify:	<input type="checkbox"/>

**Retreat Registrar:  
Linda Ballantine**

10086 Halloran Rd.  
 Bow, WA 98232  
 Email questions: laballantine@gmail.com  
 Phone: (360) 421-1796

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. If you need to cancel, BIMS will refund 75% of your registration fee.

Early registration is appreciated!

