



# ***Insight Meditation Retreat*** *with* **Heather Martin and Pascal Auclair**

May 26 to June 3, 2010  
(9-day retreat, Wednesday to Thursday)

**Camp Samish**  
**Samish Island, WA**

Cost: \$385.00 u.s., plus Dana to Teachers

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 is offered in the afternoons. This retreat is suitable for both new and experienced practitioners.



### ***Heather Martin***

*Heather 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 Tsoknyji 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.*



### ***Pascal Auclair***

*Pascal Auclair has been immersed in the Dharma since 1997, sitting retreats in Asia and America with revered monastics and lay teachers. In 2006 he was invited by Joseph Goldstein and Jack Kornfield to join the teacher training program at the Insight Meditation Society (IMS) in Massachusetts and Spirit Rock Meditation Center in California. He is now enjoying teaching retreats at these two centers, as well as in other venues in Canada and the U.S. Pascal's depth of insight, classical training, and creative expression all combine in a wise and compassionate presence.*

**Cost of Retreat:** The cost of this retreat is \$385.00 (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.**

**REGISTRATION FORM**  
*Meditation Retreat with Heather and Pascal*  
**May 26 – June 3, 2010**

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 May 26 – June 3 retreat with Heather and Pascal. I am enclosing a check (\$385, U.S. funds only).    |  |
| I would like an “e-cabin” with indoor bathroom. Add \$5.00 per night to your retreat cost (\$40)                              |  |
| 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:

|  |  |
|--|--|
| <b>Rem Ryals Retreat Registrar</b><br>2110 Ellis St.<br>Bellingham, WA 98225 | Email questions: <a href="mailto:remthefem@yahoo.com">remthefem@yahoo.com</a><br>Phone (leave message): 360-647-3353 |
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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 \_\_\_\_\_