



Meditation Retreat *with* **Heather Martin & Andrea Fella**

April 1-5, 2009 (5-day) - OR- April 1-12, 2009 (12-day)

Samish Island, WA

Cost: \$205.00 for 5-day; \$560.00 for 12-day
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 into the way things are.

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.

April 1-5 is suitable for all students. On Sunday April 5th, "experienced" students may continue on if they wish. "Experienced" means you have had some retreat experience, ideally several week-long retreats. From April 5-12 students will be expected to be more independent in their practice. There will be less structure in the schedule and less contact with the teacher. If you have any questions about your "experience", please contact the registrar.

If you have physical challenges that make being on retreat difficult, please contact the registrar. Newer cabins at the camp have shared indoor bathrooms. These cabins will be available for retreatants over 65 and those with medical or physical needs.



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.



Andrea Fella has been practicing Insight Meditation since 1996, and under Gil Fronsdal's guidance, began teaching meditation classes in 2003. She is particularly drawn to intensive retreat practice, and has done a number of long retreats, both in the U.S. and Burma. During one practice period in Burma she was ordained as a nun with Sayadaw U Janeka. Andrea teaches residential retreats for IMC, and is in the Spirit Rock teacher training program with Jack Kornfield and Joseph Goldstein.

Generous scholarship assistance is available. Please contact the registrar for information. Early Registration is appreciated. There is single accommodation for 59 retreatants.

A confirmation email, with an attachment called "**Retreat Details**" will be emailed to you when we receive your completed registration form and your full retreat fee.

Registrar Info:	Rem Ryals 2110 Ellis Bellingham, WA 98225	Email: remthefem@yahoo.com Phone (leave message): 360-647-3353
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.....Cut along dotted line, fill out form, write check, and mail to registrar above.....

<i>Meditation Retreat with Heather & Andrea</i> April 1-5 OR April 1-12, 2009

Name _____ Phone _____

Address _____ City _____ State/Prov. _____

Zip/Postal code _____ Email (for retreat confirmation): _____

Emergency contact: _____ Phone _____

Medical contact: _____ Phone _____

Check all that apply:

I will attend April 1-5 , 2009 (\$205)	<input type="checkbox"/>
I will attend April 1-12, 2009 (\$560)	<input type="checkbox"/>
I would like a cabin with an indoor bathroom (over 65 or those with medical needs). Add \$2.00 per night extra to your check amount if you select this option. (\$8 or \$22)	<input type="checkbox"/>
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____. Add amount to your check.	<input type="checkbox"/>
I need a ride to the retreat.	<input type="checkbox"/>
I can give a ride to the retreat.	<input type="checkbox"/>
This is my first residential vipassana retreat.	<input type="checkbox"/>
I need to borrow cushions (zafu & zabuton)	<input type="checkbox"/>
There will be 3 simple vegetarian meals a day. Please specify additional dietary needs.	<input type="checkbox"/>
I have medical considerations. (please specify)	<input type="checkbox"/>
I am enclosing my check # _____ in the amount of \$ _____	<input type="checkbox"/>

Make checks *payable to BIMS (Bellingham Insight Meditation Society)*. Include any extra room fee and scholarship gift in your check amount. Send form and check to the retreat registrar above.

Paid \$ _____ Scholarship contrib. \$ _____ Check # _____ Date rec'd: _____ Confirmation emailed (Retreat Details) on: _____ Extra \$ for needs cabin: _____