



Insight Meditation Retreat *with* **Heather Martin & Mark Coleman**

May 17-24 - All Participants

May 24-29 - Experienced Students, continuing with Heather

Samish Island, WA

Cost: First Week, \$335 US, plus Dana to teachers

All 12 Days, \$550 US, plus Dana

This residential retreat will be held at a rural retreat center south of Bellingham, WA. The retreat will be conducted in 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. All registrants will have a cabin to themselves.

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.

The first week is suitable for all students. On Saturday May 24th, "experienced" students may continue on if they wish. "Experience" is defined as 50 retreat days or 5 one-week retreats in the vipassana tradition, and the approval of Heather Martin. If you are interested but don't have enough experience on retreat, please contact Heather at hmartin@saltspringwireless.com to discuss your attendance.

Teachers

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. Trained by Jack Kornfield, 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.

Mark Coleman has been engaged in Buddhist meditation since 1984 and has studied in many traditions. A teacher at Spirit Rock Meditation Center, he has taught insight meditation retreats since 1997. He leads wilderness meditation retreats in the U.S. and internationally. Mark is author of "Awake in the Wild – Mindfulness in Nature as a Path of Self-Discovery." He also is a coach and a psychotherapist in Marin County.

Some partial scholarship assistance is available. For more information, contact the retreat registrar:

Eileen Andersen
11662 Scott Rd.
Bow, WA 98232

Email (preferred): eileen.andersen@gmail.com

Phone (leave message): **360.766.8202**

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.

REGISTRATION FORM

Insight Meditation Retreat with Heather & Mark

May 17- 24 or 17-29, 2008

NAME _____ TELEPHONE _____

ADDRESS _____

CITY _____ STATE/PROV. _____ ZIP/POSTAL CODE _____

EMAIL (used only for retreat-related contact with you) _____

Check all that apply:

I will be attending May 17-24 (all participants)	<input type="checkbox"/>
I will be attending May 24-29 (experienced meditators)	<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"/>
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____. (Add to check)	<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"/>
I would like a cabin with an indoor bathroom (available for those over 65 or those with medical needs). These cabins cost an extra \$2/per night. Please add \$14 or \$24 to your retreat fee, depending on session(s) selected above.	<input type="checkbox"/>

Emergency contact: _____ Phone _____

Medical contact: _____ Phone _____

Make checks *payable to BIMS (Bellingham Insight Meditation Society)*. Include any scholarship gift in your check amount. Send form and check to the *retreat registrar* (address on previous page).

Early registration is encouraged, as retreat enrollment is limited

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