



Meditation Retreat

with

Tim Geil & Tuere Sala

April 14 – April 20, 2024

a 6 night, 7 day retreat at

Samish Island, Washington

Cost (Room and Board): \$545.00 (U.S. Funds)

Retreat Description: This residential retreat will be held at a rural retreat center south of Bellingham. The retreat location is on the water and has extensive grounds for walking. All registrants will have a cabin to themselves. There will be three simple vegetarian meals a day.

Cultivating Insight

Insight meditation (*vipassana* in Pali, the language of the original Buddhist teachings) is the simple and direct practice of moment-to-moment mindfulness. Through careful and sustained observation, we experience for ourselves the ever-changing flow of the mind/body process. This awareness leads us to accept more fully the pleasure and pain, fear and joy, sadness and happiness that life inevitably brings. As insight deepens, we develop greater equanimity and peace in the face of change, and wisdom and compassion increasingly become the guiding principles of our lives.

This retreat emphasizes quieting the mind, opening the heart, and developing clarity and depth of practice. Traditional instructions will be combined with a spirit of lovingkindness, silent sitting and walking meditation, Dharma talks, and meetings with the teachers. This retreat is for experienced as well as newer students. This retreat will be held in Noble Silence except for teacher-led practice meetings.



Tim Geil began practicing Insight Meditation in 1996 and has taught meditation since 2006 under the guidance of Rodney Smith. In 2016, Tim completed the four-year Residential Retreat Teacher Training through Spirit Rock, Insight Meditation Society, and Insight Retreat Center. He is currently a Co-Guiding Teacher of Seattle Insight Meditation Society. Tim emphasizes three expressions of the Dharma: investigation, non-resistance, and compassion.



Tuere Sala is a Co-Guiding Teacher at Seattle Insight Meditation Society and Spirit Rock Retreat Center. She is a retired prosecuting attorney who has practiced Vipassana meditation for over 30 years. Tuere is committed to lay practice and inspired by bringing the Dharma to nontraditional places. She is a strong advocate for practitioners living with high stress, past trauma and difficulties sitting still. Tuere has been teaching since 2010 and has a long history of assisting others in establishing and maintaining a daily practice. Tuere can be contacted at tueresala.org and at <https://www.dharmaground.org>.

Cost of Retreat: The cost of this retreat is **\$545.00** (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. Please fill out the registration form and send with your check to the Registrar. PayPal may also be used for payments (see below).

Teachings are offered freely. There will be opportunities to give dana to the teachers at the retreat. Dana may also be given using these links for both Tim and Tuere: [PayPal](#) or Venmo (@tim-geil)

Scholarships: If you require a scholarship, we are happy to help. A limited number of scholarships are available; requests are honored in the order in which they are received.

NO SCHOLARSHIPS CAN BE GRANTED WITHOUT CONTACTING THE REGISTRAR FIRST BY EMAIL.

Enhanced Cabins (“e-cabins”): These cabins have shared indoor bathrooms. They are available first for those with physical disability or those over 65, for an additional fee of \$10.00 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 or a sleeping bag and pillow), small table, chair, clothes rack & mirror.

There are many more qualified people for e-cabins than are available. We also have people who physically cannot attend the retreat unless they can stay in an e-cabin. So, if you are qualified for an e-cabin but feel that you can stay in a rustic one, it would be greatly appreciated by someone. If you and a partner or friend are experienced meditators and each are qualified for an e-cabin, you are welcome to register for the same room, which would open another e-cabin. If you share an e-cabin with someone, the cabin is still only \$10.00 per night, i.e., \$5 a person per night.

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

Payment: Payment may be made by check or PayPal.

Checks: Please make checks payable in **U.S. funds** to BIMS (Bellingham Insight Meditation Society). Include the “e-cabin” fee (if selected) and scholarship fund donation (if desired) in your check amount.

PayPal: Payment should be made to the PayPal account: <https://www.paypal.me/BIMSRetreats>. Note that an additional PayPal processing fee of \$17 is added to the registration fee (see Registration Form below).

Cancellation Fee: If you need to cancel, BIMS will refund 75% of your registration fee up to 2 weeks before the retreat (March 31). There will be no refunds for cancellations between 2 weeks before the retreat and the day of the retreat.

COVID POLICY: We recommend, but do **not** require, that all attendees be fully vaccinated (including boosters, if eligible). Masking and prior rapid-testing is not required, however we recommend you bring some masks and rapid tests for yourself, in case things change. **Please do not attend if you are sick or if you test positive for COVID.** As you are aware, the COVID situation can change quickly, and we will email you immediately if there are any changes in our COVID policies for this retreat. If this event is cancelled due to COVID restrictions, we will refund all payments. If you have any questions about our COVID Policy, please contact us at BIMSRetreats@gmail.com.

Registration Form: Meditation Retreat with the Tim Geil and Tuere Sala

April 14 to April 20, 2024

Name: _____ Phone: _____

Address: _____

City: _____ State/Prov: _____ Zip/Postal Code: _____

Emergency contact: _____ Phone: _____

Medical contact: _____ Phone: _____

Email Address (used only for retreat-related contact): _____

REGISTRATION: Registration MUST be received by March 31 (2 weeks before the retreat)		Please write in amount	
		Check*	PayPal**
Retreat Registration	I am registering for the retreat. Check: \$545 (USD) or PayPal: \$562 (USD) (Note: the additional cost is to cover our PayPal fees.)		
E-Cabin Registration	I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. Check: \$60 (USD) or PayPal: \$63 (USD) (Note: the additional cost is to cover our PayPal fees.) THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE March 31 (2 weeks before retreat starts). After that date, "e-cabins" will be given to those who request them (see below)		
Scholarship Donation	I can contribute to the scholarship fund to help others attend future retreats		
Total Amount Submitted			

* Please make checks payable in **US dollars** to ***BIMS (Bellingham Insight Meditation Society)***. Include the e-cabin fee (if selected) and scholarship donation in your check amount. Send this form and your check to the retreat registrar (see below).

** Send PayPal payments to the PayPal account <https://www.paypal.me/BIMSRetreats>.

Other: Please Check if applies		
E-Cabin waitlist	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 March 31 (2 weeks before retreat starts). I will bring an additional US \$60.00 check or cash to the retreat (\$10 per night x 6 nights)	
Rides	I need a ride to the retreat.	
	I can give a ride to the retreat.	
Meals	There will be three simple vegetarian meals a day. If you have additional dietary considerations, please specify:	
Medical	I have medical considerations. Please specify:	

Karen Sheldon, Registrar
2644 Donovan Ave
Bellingham WA 98225

Email questions:
bimsretreats@gmail.com

A confirmation email or letter will be sent you with details about what to bring to the retreat. If you need to cancel, BIMS will refund 75% of your registration fee up to 2 weeks before the retreat (March 31). There will be no refunds for cancellations after March 31.

Early registration is appreciated – thank you!