



Meditation Retreat

with

Tuere Sala

April 19 – April 25, 2025

a 6-night, 7-day retreat at

Samish Island, Washington

Cost (Room and Board): \$590.00 (U.S. Funds)



Retreat Description: This residential retreat is sponsored by Bellingham Insight Meditation Society (BIMS) and 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 a Mind in Balance

Jenta: Conqueror (Matty Weingast, from "The first free women")

I was forever getting lost
until one day the Buddha told me

To walk this Path,
you will need seven friends –
Mindfulness, curiosity, courage, joy,
calm, stillness, and perspective.
For many years, these friends and I have travelled together.

Sometimes wandering in circles.
Sometimes taking the long way around.
There were days when I thought I couldn't go on.
There were days when I thought I was finally beaten.

It's scary to give all of yourself to just one thing.
What if you don't make it?
Oh my heart.
You don't have to go it alone.
Train yourself to train just a little more gently.

In this retreat we will explore how these seven friends—the seven factors of awakening—can develop in our practice and support our mind to find a deep balance between ease and energy. These seven factors are beautiful qualities of the mind that are innate potentials in all of us. When developed, they lead to awakening; they are also characteristics of the awakened mind. This retreat will follow the traditional insight schedule of sitting meditation and walking meditation, dharma talks, and practice discussions with the teacher.

Teacher: 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>.

REGISTRATION: Please register online at www.bellinghaminsight.org or using [Registration Form](#).
You MUST complete your registration, including payment, by April 4. We cannot accept registrations after that date.

Cost of Retreat: The base cost of this retreat is **USD \$590**. The fees charged are used to pay Camp Samish costs for room and board and to offset other retreat expenses. An additional **USD \$60** is charged for using an e-cabin (see below).

Payment: Payment may be made by check to BIMS or by PayPal. Please see the online Registration Form for further instructions. (Note that additional PayPal processing fees are added to the registration fee.)

Dana: Because the Dhamma is priceless, the teachings are freely given. There will be opportunities to give dana to the teacher at the retreat.

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. Once you have registered for the retreat and requested information about scholarships, the registrar will contact you.

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 USD \$60.00. Please **register early to reserve an e-cabin**. Those without disabilities/under 65 who desire an e-cabin can request to 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. They also have a bathroom and shower that is shared with one other e-cabin.

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 \$60.00, i.e., \$30 per person.

Rustic 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. The fee for these cabins is included in the base retreat cost.

Questions: If you have any questions about the retreat, the registration form, payment, scholarships, or anything else – please contact the Registrar at: BIMSRetreats@gmail.com