

Meditation Retreat

with
James Baraz and Adrienne Ross

October 10-16, 2016
a 7 day retreat at
Samish Island, Washington

Cost: \$380.00 (U.S. Funds), plus Dana to Teacher

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 3 simple vegetarian meals a day. This retreat is suitable for both new and experienced practitioners.

Connecting Body, Mind and Heart

The body, mind and heart are not separate. We'll take this week of silence to explore and put into practice various skillful means to access grounded bodies, naturally relaxed, open hearts and clear quiet minds. It is from these lovely states that insights into how we've become unnecessarily distressed will naturally arise. These are the insights that heal us, uplift us and ultimately free us.

The retreat will include systematic meditation instructions, silent sitting and walking periods, dharma talks and interviews providing a foundation for applying mindfulness practice and developing our natural capacity for well-being.

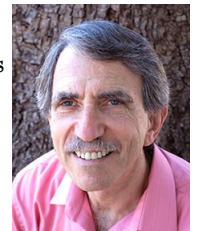
Adrienne Ross

Adrienne Ross, MD, has been involved with meditation and healing since 1978. Her teaching is influenced by Burmese and Thai streams of Theravada as well as Dzogchen and contemplative practices. She teaches Mindfulness-Based Stress Reduction to people with chronic pain and illness. She recently retired from working as a family physician to devote more time to personal practice and teaching retreats in Canada and the U.S.



James Baraz

James Baraz is a founding teacher of Spirit Rock Meditation Center. James started the Community Dharma Leader program, the Kalyana Mitta Network, is teacher-advisor to the Spirit Rock Family program and leads The Heavenly Messengers Training Program. He is the co-author of [Awakening Joy](#) and leads a popular on line course by that name. James has been focusing on Dharma and Climate Change in recent years and is an advisor to [One Earth Sangha](#), a sangha website devoted to Buddhist responses to Climate Change.



Cost of Retreat: The cost of this retreat is **\$380.00** (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. We regret that BIMS is unable to make cost adjustments for personal circumstances. Please fill out the registration form and send with your check to the registrar (see below).

Partial Scholarships: A very limited number of partial scholarships are available. Scholarship 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 \$5.00 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.

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 showers.

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.

Cancellation Fee: If you need to cancel, BIMS cancellation fee is 25% up to 10 days before the retreat (September 30) and any time after that it is 50%.

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October 10-16, 2016

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:

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| I am registering for the October retreat. I am enclosing a check for the full retreat cost of \$380.00 U.S. funds only. | |
| I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$30.00 to my retreat cost (\$5.00 per night x 6 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE September 30 (10 days before retreat starts). After that date, "e-cabins" will be given to those who request them (see next box). | |
| 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 September 30 (Date 10 days before retreat starts). I will bring an additional \$30.00 check to the retreat (\$5.00 per night x 6 nights). | |
| 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). | |
| 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) and scholarship donation in your check amount. Send this form and your check to the retreat registrar:

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| Gretchen Harsch Retreat Registrar P.O. Box 4141 Bellingham WA 98227 | Email questions: satisukha@comcast.net Phone: 360-714-1217 |
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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 up to 10 days before the retreat (September 30) and any time after that the refund will be 50%

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 _____