

# Vipassana Meditation Retreat with Heather Martin

Saturday, February 11, 9 – 4 pm &  
Sunday, February 12, 9 – 4 pm, 2017

Red Cedar Dharma Hall  
1021 N. Forest St. Bellingham, WA



\*\*\* Heather will also be giving a public talk Friday, February 10<sup>th</sup>  
at 7-9 pm at the hall \*\*\*

**The Teacher:** Heather Martin has been meditating for over 40 years, in various traditions. Theravada has been her main practice since 1981 (with some exposure to Dzogchen in the Tibetan tradition, and the teaching of Burmese Sayadaw U Tejaniya more recently). She has been teaching retreats in North America since 2001, mostly in the western provinces of Canada and the west coast of the US. She guides Salt Spring Island Vipassana Community, where she has lived for 37 years. She emphasizes the practical application of these perennially brilliant teachings, with warm-heartedness, clarity and accessibility.

**The Topic:** This will be a silent Vipassana (Insight) meditation retreat which is suitable for all students of meditation. Vipassana meditation is a simple and direct meditation practice which is a moment to moment awareness and investigation of the mind, heart and body. This process cultivates compassion for oneself and others, and deepens an understanding of the way things are, which is a primary teaching of the Buddha. The weekend will include sitting and walking meditation practice as well as dharma talks.

**Cost:** \$25.00 for BIMS (Bellingham Insight Meditation Society) pledge-members, \$50.00 for non-members. In order to encourage young people to attend, we are asking a \$25 fee for anyone 35 and younger, regardless of pledging status. There is also an opportunity to offer dana (donation) for Heather. For information on becoming a BIMS-pledge member please visit us online at <http://www.bellinghaminsight.org/>.

***Please note that no one will be turned away for lack of funds.***

# REGISTRATION FORM

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## Heather Martin non-residential meditation retreat February 11 & 12, 2017

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**\*\*\* Heather will be giving a public talk on Friday, February 10<sup>th</sup>, 7-9 pm,  
at the hall\*\*\***  
***Weekend retreatants are encouraged to attend this talk***

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov. \_\_\_\_\_ Zip/Postal Code \_\_\_\_\_

Email Address (used to confirm and mail any necessary info) \_\_\_\_\_

### Check all that apply:

I am a BIMS member. I am enclosing a check or money order for \$25, <b>U.S. Funds only.</b>	
I am not a BIMS member. I am enclosing a check or money order for \$50 (\$25 for 35 or younger), <b>U.S. Funds only.</b>	
I would like to contribute to BIMS scholarship fund. Amount: _____	

**Cushions:** The Red Cedar Dharma Hall has many cushions, mats & sitting benches, though you may bring your own if you prefer. Also, there are many chairs available.

**Payment:** Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.  
Send check and completed form to the registrar:

Karen Sheldon  
2644 Donovan Ave.  
Bellingham, WA 98225

Email: [karen.sheldon@gmail.com](mailto:karen.sheldon@gmail.com)

**Confirmation:** A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

***Early registration is appreciated – thank you!***

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*For registrar use only:*

Registrar record: Check # \_\_\_\_\_ Check Amt \$ \_\_\_\_\_ Scholarship amt. awarded \$ \_\_\_\_\_  
Retreat Fee Paid \$ \_\_\_\_\_ Contribution to scholarship fund \$ \_\_\_\_\_ Date rec'd \_\_\_\_\_  
Confirmation sent \_\_\_\_\_