



Meditation Retreat *with* **Heather Martin and Steve Armstrong**

March 24-April 2, 2017

a 10 day retreat at

Samish Island, Washington

Cost: \$600.00 (U.S. Funds), plus Dana to Teachers

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.

Re-inhabiting our Hearts and our Bodies ***Using our Minds well, rather than being used by them***



Heather Martin

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.



Steve Armstrong

Steve Armstrong has been studying and practicing the Buddha's teachings since 1975. He is developing the Vipassana Metta Foundation's dhamma sanctuary on Maui and encourages the cultivation of all good human qualities. He offers a variety of Buddhist mindfulness practices designed to strengthen an unshakable sense of well-being. His teaching is informed by his study of the abhidhamma, his insight and loving kindness practice with Sayadaw U Pandita and his practice of mindfulness of mind with Sayadaw U Tejaniya.

During these days, we'll soothe and nourish our troubled minds with heart practices like friendliness, gratitude and receptivity (Metta). We'll collect and settle our scattered minds in our bodies and in our presence. We'll cultivate observing these minds of ours; their changing states, their attitudes and their activity. Being conscious of the inner landscape enables us to live carefully, clearly, and kindly, which is what is needed in our world.

This focus on Awareness of the Mind reflects the approach to teachings of Sayadaw U Tejaniya, with whom both Steve and Heather have studied and practiced and with whom Steve has developed a particularly close connection.

This retreat will be suitable for both experienced meditators and those new to practicing.

Cost of Retreat: The cost of this retreat is **\$600.00** (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 \$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.

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 (March 14) and any time after that it is 50%.

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March 24-April 2, 2017

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:

I am registering for the March retreat. I am enclosing a check for the full retreat cost of \$600.00 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 \$90.00 to my retreat cost (\$10.00 per night x 9 nights). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE March 14 (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 March 14 (10 days before retreat starts). I will bring an additional \$90.00 check to the retreat (\$10 per night x 9nights).	
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:

Caroline Kingsbury Registrar 302 S. Forest St. Bellingham WA 98225	Email questions: carolinemariekingsbury@gmail.com Phone: 360-734-9903
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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 (March 14) 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 _____