

Bellingham Insight Meditation Society's  
Sangha Mamas presents...

# PARENTING AS A PATH



with teachers Keri Pederson & Tim Geil of  
Seattle Insight Meditation Society

March 9 & 10, 2018

March 9, 7-9pm, Friday Evening Public Dharma Talk  
March 10, 9-4pm, Day-Long Practice and Teaching

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

Many of our more traditional images of the meditative journey are derived from a monastic form—long hours of formal meditation in quiet settings entirely devoted to contemplative study and practice. As parents, we can often question how parenting fits in to such a path, and how it can possibly grow and thrive amidst the competing daily demands on our time and energy. Yet, if we shift our view, we can see that parenting is allowing us — often requiring us — to cultivate qualities and capacities just as profound and potent as those that arise in formal settings. In this weekend retreat, we'll explore together how we might embrace the daily rigors and delights of parenting as a unique path of practice, with the potential to deepen our experience of who and what we are, as well as our commitment to awakening together.

This retreat is open to all parents, grandparents, or anyone who regularly participates in the care of children. Keri and Tim will offer a talk on Friday evening as well as a day-long retreat on Saturday. There will be opportunities for silent practice as well as interactive discussion, walking meditation, and meetings with the teachers. Both new and experienced meditators are welcome to attend.

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*Keri Pederson* began meditating in 1998 in the lineage of S.N. Goenka, and has since practiced with numerous meditation teachers in the US, Thailand, and India. She was invited by Rodney Smith to begin teaching in 2007, and is a graduate of the four-year Teacher Training Program through Spirit Rock and IMS. She currently leads practice groups and mentors individuals through Seattle Insight Meditation Society. Keri also works in elder care in Seattle and is raising a young son.

*Tim Geil* has practiced insight meditation since 1996 and was invited to teach in 2006 by Rodney Smith. A graduate of the IMS/Spirit Rock Teacher Training Program, he is the co-guiding teacher of Seattle Insight Meditation Society. His relationship with his wife and daughter are a joyful and fundamental part of his dharma practice.

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For Saturday, \$20 for Bellingham Insight Meditation Society (BIMS) pledge-members, \$25 for non-members. There will also be an opportunity to offer dana (donation) for Keri and Tim at both events (there is no fee for Friday evening).

Please note, childcare is not provided for this event  
Registration form attached. Early registration is much appreciated!  
(No one will be turned away for lack of funds.)

