



Meditation Retreat *with* **Ayya Santussika & Ayya Cittānandā**

October 4 - 9, 2022

a 5 night, 6 day retreat at

Samish Island, Washington

Cost: \$410.00 (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 three simple vegetarian meals a day. This retreat is suitable for both new and experienced practitioners.

Embracing Change, Mastering Letting Go

Uncertainty and change (anicca) have always been a striking feature of human life, but these days the pace of change seems to be accelerating. In this retreat, we will rely on the Buddha's words of advice to prepare for inevitable change and to develop flexibility, equanimity and the wisdom to know when to try harder and when to let go.



Ayya Santussikā is a Theravada bhikkhuni who is trained and practicing in the Thai Forest tradition. Her faith in the Dhamma developed during many visits to monasteries of Ajahn Chah and his disciples in Thailand, America, England, New Zealand and Australia beginning in 1998. She has been training as a nun since 2005 in large and small monasteries in both England and America. In 2012, she received full ordination as a bhikkhuni and founded Karuna Buddhist Vihara, where she currently lives, located in the Santa Cruz Mountains near Boulder Creek, California. Her Dhamma teachings are primarily based on the Pali suttas.

Ayya offers the Buddha's teachings with clarity and strength, by means of a humble and kind presence. We are very fortunate she is offering this retreat. For more information on her interesting history and current projects, we recommend you go to

her website at: <http://www.karunabv.org/>



Ayya Cittānandā has spent over ten years on the Buddhist path. She lived as a monastic at a small Pure Land/Chan monastery in Florida for a year before moving to California where she spent two years living and working in Redwood Valley while she made daily visits to Abhayagiri Buddhist Monastery and sat several long retreats at various monasteries and meditation centers. She left Redwood Valley in 2013 in search of a place to ordain as a Theravada nun, spending six months at the Ajahn Chah lineage monasteries in England and Scotland. She also spent seven months at Aloka Vihara in Placerville, helping the nuns settle into their new home and serving the 2015 Winter Retreat there. Ayya Cittananda took Anagarika precepts at Karuna Buddhist Vihara in March of 2015, Samaneri ordination in April of 2016, and Bhikkhuni ordination in May of 2018 at Buddhi Vihara

Cost of Retreat: The cost of this retreat is **\$410.00** (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. Please fill out the registration form and send with your check to the Registrar. PayPal may also be used for payments (see below).

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.

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. If you share an e-cabin with someone, the cabin is still only \$10.00 per night, i.e., \$5 a person per night.

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.

Payment: Payment may be made by check or PayPal.

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.

PayPal: Payment should be made to the PayPal account: <https://www.paypal.me/BIMSRetreats>. Note that additional PayPal processing fees are added to the registration fee (see Registration Form below).

Cancellation Fee: If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (September 24). Any time after that, the refund will be 50%.

COVID POLICY: We require that all attendees be **fully vaccinated (including boosters, if eligible)**. Additional COVID requirements and policies will be sent to you after you have registered. As you are aware, the COVID situation can change quickly, and we will email you immediately if there are any changes in our COVID policies for this retreat. If this event is cancelled due to COVID restrictions, we will refund all payments. If you have any questions about our COVID Policy, please contact Valerie Randolph, vrandolph17@gmail.com.

**Meditation Retreat with Ayya Santussika
October 4-9, 2022**

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 retreat. I am enclosing a check for the full retreat cost of US \$410.00 - US funds only.	
I am registering for the retreat. I am authorizing a PayPal payment for the full retreat cost of US\$419 if using a US PayPal account, or US\$425 if using a Canadian PayPal account. Payment should be made to the PayPal account https://www.paypal.me/BIMSRetreats . (Note: the additional cost is to cover our PayPal fees.)	
I would like an “e-cabin” with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding US\$50.00 to my retreat cost (\$10.00 per night x 5 nights) (US\$52 if using a US PayPal account, US\$53 is using a Canadian PayPal account). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE September 24 (10 days before retreat starts). After that date, “e-cabins” will be given to those who request them (see below).	
I can share an e-cabin.	
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 24 (10 days before retreat starts). I will bring an additional US \$50.00 check or cash to the retreat (\$10 per night x 5 nights).	
I can contribute to the scholarship fund to help others attend future retreats. Amount \$ _____ (Please add to check or PayPal 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 three simple vegetarian meals a day. If you have additional dietary considerations please specify:	
I have medical considerations. Please specify:	

Please make checks payable in **US 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. Send PayPal payments to the PayPal account <https://www.paypal.me/BIMSRetreats>.

Karen Sheldon, Registrar 2644 Donovan Ave Bellingham WA 98225	Email questions: bimsretreats@gmail.com Phone: (360) 235-3489
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A confirmation email or letter will be sent you with details about what to bring to the retreat. If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (September 24). Any time after that, the refund will be 50%.

Early registration is appreciated – thank you!

Registrar record: Check # _____ Check Amt \$ _____ PayPal Amt \$ _____ Scholarship amt. awarded \$ _____
 Retreat Fee Paid \$ _____ E-cabin supplement \$ _____ Contribution to scholarship fund \$ _____ Date rec'd _____
 Confirmation sent _____