



Meditation Retreat *with*

Tuere Sala

April 4 - 9, 2023

a 5 night, 6 day retreat at

Samish Island, Washington

Cost: \$440.00 (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 three simple vegetarian meals a day. This retreat is suitable for both new and experienced practitioners.

Exploring the Five Faculties in Relationship with the Five Hindrances

This journey toward inner awakening asks more of us than force of will. It is a gradual unfolding of understanding and equanimity. The five faculties are the engine behind this gradual unfolding. These five faculties are natural activities of mind that move us along the path. They are faith (or conviction), energy, mindfulness, concentration and wisdom. When you contrast these faculties with the five hindrances (desire, aversion, sloth/torpor, restlessness/worry, and doubt), you awaken curiosity, interest and inspiration. Together they gradually turn the wheel of dharma. This retreat will focus on learning how to cultivate these faculties in relation to the hindrances and recognize the impact of both on our practice.



Tuere Sala is a Guiding Teacher at Seattle Insight Meditation Society and Spirit Rock Retreat Center. She is a retired prosecuting attorney who has practiced Vipassana meditation for over 30 years. Tuere is committed to lay practice and inspired by bringing the Dharma to nontraditional places. She is a strong advocate for practitioners living with high stress, past trauma and difficulties sitting still. Tuere has been teaching since 2010 and has a long history of assisting others in establishing and maintaining a daily practice. Tuere can be contacted at tueresala.org and at <https://www.dharmaground.org>.

Cost of Retreat: The cost of this retreat is **\$440.00** (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 would be \$5 per 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 (March 25). 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 Tuere Sala April 4-9, 2023

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 \$440.00 - US funds only.	
I am registering for the retreat. I am authorizing a PayPal payment for the full retreat cost of US\$450 if using a US PayPal account, or US\$457 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 April 25 (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 March 25 (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.)	
TOTAL Cost	

I need a ride --- I can give a ride --- to the retreat (circle one if appropriate).	
This is my first residential meditation retreat.	
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 (March 25). 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 _____