

# ***One With the Breath - Fun With the Breath: 24-Hours To Breathe***

*(in person and via Zoom)*

with

**Ajahn Kovilo & Ajahn Nisabho**

of

**Clear Mountain Monastery**



**Friday June 30, 7:00 pm to 9:00 pm**

**Saturday July 1, 9:00 am to 5:00 pm**

**Location: 1207 Ellsworth St, Bellingham WA**

**The Topic:** Mindfulness of breathing is perhaps the most popular form of meditation practiced in America. The mass-market form of breathe meditation commonly taught on mindfulness apps and in yoga studios, however, often describes it as a rote technique, missing the ethic of play and pleasure the practice can entail. On this retreat, Ajahn Kovilo and Ajahn Nisabho will guide practitioners through key elements of the Ānāpānassati Sutta, the Buddha's most comprehensive instructions on the practice, focusing on how to bring the breath, and our meditations, alive with a sense of fun, pleasure, and peace. And, if all that sounds too complicated ... don't worry, all we will be doing is breathing! This retreat is suitable for all experience levels.



# Bellingham Insight Meditation Society Meditation Retreat



### The Teachers:

Ajahn Kovilo is an Ohio-born monk who, having been introduced to meditation through the Goenka tradition, first entered the monastery in 2006. After receiving full ordination from Ajahn Pasanno and Ajahn Amaro at Abhayagiri Buddhist Monastery in California in 2010, Ajahn Kovilo spent the next decade training at monasteries in the Ajahn Chah tradition in America and Thailand. In 2020, after a year practicing at a Pa Auk Sayadaw monastery, Ajahn Kovilo enrolled at the Dharma Realm Buddhist University in Ukiah, California where he is currently studying Pali and Sanskrit among other courses. Until the end of his formal studies, Ajahn Kovilo will be participating in the growing Clear Mountain Monastery community remotely and during Winter and Summer breaks. After finishing his studies, Ajahn Kovilo will join the community in person on a more regular basis.

Ajahn Nisabho, after finishing college in 2012, left his native Washington to go forth as a Buddhist monk in Thailand. He received full ordination the following spring under Ajahn Anan, a senior disciple of renowned meditation master, Ajahn Chah, and spent the following years training in forest monasteries throughout Thailand, Australia, and the US. While staying with some of the lineage’s most respected teachers, he grew to believe the Thai Forest Tradition’s balance of communal life with solitary forest dwelling, careful adherence to the monastic precepts, and focus on meditation represented a faithful embodiment of the original Buddhist path. Moreover, his time with contemporary masters such as Ajahn Anan, Ajahn Pasanno, and Ajahn Jayasaro, convinced him that such a path could yield great fruit in the heart even amidst the complexities of modern life. He currently resides in Seattle as part of Clear Mountain Monastery’s aspiration.

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## Registration

**In Person Registration: please email [BIMS Retreats](#)**

**Zoom Registration: [Zoom Link](#)**

Retreat details will be emailed to registrants.

**Cost:** In keeping with the teachings and spirit of generosity, this retreat is freely offered.

There will be opportunities to give dana to the monks at the hall on Friday and Saturday. Dana may also be given using this link: <https://www.friendsofclearmountain.org/>

BIMS suggests a \$10 optional donation to BIMS to help defray the cost of renting the hall.

This may be made by cash, check or PayPal (US Funds only).

Bellingham Insight Meditation Society

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<https://www.paypal.me/BIMSRetreats>