



# ***Meditation Retreat*** *with* **Ajahn Kovilo & Ajahn Nisabho**

**September 30 – October 5, 2023**

a 5 night, 6 day retreat at

**Samish Island, Washington**

**Cost (Room and Board): \$440.00** (U.S. Funds)  
Teachings are free.

**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.

## ***Paths to Joy: A 5-Day Meditation Retreat (BIMS)***

Though the Buddha repeatedly emphasized joy, or *pāmojja*, as an essential aspect of the path to awakening, many of us find our sitting practice anything but. The narrow techniques often taught in meditation circles conceive of practice as a dry exercise that fails to interest and calm the active minds of modern practitioners. By exploring different routes to joy (paths to *pāmojja*), especially those emphasizing meditation on breath, loving-kindness, and objects of faith, the retreat aims to help participants rediscover happiness in their practice.

Ajahn Nisabho and Ajahn Kovilo will offer talks, meditation instructions, and interviews. This retreat is suitable for meditators of all experience levels.



**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.



**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.

**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).

Teachings are free. There will be opportunities to give dana to the monks at the retreat. Dana may also be given using this link: <https://www.friendsofclearmountain.org/>

**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 20). Any time after that, the refund will be 50%.

**COVID POLICY:** We recommend, but do **not** require, that all attendees be fully vaccinated (including boosters, if eligible). Masking and prior rapid-testing is not required, however we recommend you bring some masks and rapid tests for yourself, in case things change. **Please do not attend if you are sick or if you test positive for COVID.** 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 us at [BIMSRetreats@gmail.com](mailto:BIMSRetreats@gmail.com).

## Registration Form: Meditation Retreat with the Clear Mountain Monastery Monks September 30 to October 5, 2023

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Prov: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address (used only for retreat-related contact): \_\_\_\_\_

REGISTRATION		Please write in amount	
		Check*	PayPal**
<b>Retreat Registration</b>	I am registering for the retreat. <b>Check: \$440 (USD) or PayPal: \$454 (USD)</b> (Note: the additional cost is to cover our PayPal fees.)		
<b>E-Cabin Registration</b>	I would like an “e-cabin” with indoor bathroom. Required: I am 65 or older or have a physical disability. <b>Check: \$50 (USD) or PayPal: \$52 (USD)</b> THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE Sept 20 (10 days before retreat starts). After that date, “e-cabins” will be given to those who request them (see below)		
<b>Scholarship Donation</b>	I can contribute to the scholarship fund to help others attend future retreats		
<b>Total Amount Submitted</b>			

\* 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 (see below).

\*\* Send PayPal payments to the PayPal account <https://www.paypal.me/BIMSRetreats>.

Other: Please Check if applies		
<b>E-Cabin waitlist</b>	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 Sept 20 (10 days before retreat starts). I will bring an additional <b>US \$50.00</b> check or cash to the retreat (\$10 per night x 5 nights)	
<b>Rides</b>	I need a ride to the retreat.	
	I can give a ride to the retreat.	
<b>Meals</b>	There will be three simple vegetarian meals a day. If you have additional dietary considerations, please specify:	
<b>Medical</b>	I have medical considerations. Please specify:	

**Karen Sheldon, Registrar**  
2644 Donovan Ave  
Bellingham WA 98225

**Email questions:**  
[bimsretreats@gmail.com](mailto:bimsretreats@gmail.com)

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 20). Any time after that, the refund will be 50%.

**Early registration is appreciated – thank you!**