



Meditation Retreat *with* **Jill Shepherd & DaRa Williams**

April 13 - 20, 2019

an 8 day retreat at

Samish Island, Washington

Cost: \$490.00 (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.

Finding the Heart of Wisdom

This eight-day retreat will weave together a range of different insight meditation techniques to both strengthen the heart and open the mind. Building on a foundation of mindfulness and insight practice, we will cultivate the heart qualities of kindness, compassion, joy and equanimity, so that we can respond more wisely and compassionately to whatever life brings us. Each day, there will be sessions of guided and silent sitting meditation, walking meditation, optional relational practice, individual meetings with the teachers and a period of optional, gentle mindful movement.



Jill Shepherd began practicing insight meditation in Thailand in 1999, and since that time has lived and worked at several meditation centres and monasteries in the US, Australia, England, and Thailand. She is a graduate of the IMS / Spirit Rock teacher training program in the US, under the guidance of Joseph Goldstein and Gil Fronsdal. Currently, she divides her time mostly between the USA, Australia and New Zealand, teaching vipassana and brahmavihara retreats and offering ongoing study and practice groups focused on bringing the dharma into daily life. She also leads courses and non-residential workshops exploring the relational practice of Insight Dialogue, as developed by Gregory Kramer and colleagues.



DaRa Williams is a trainer, meditation teacher and psychotherapist. DaRa has been a meditator for the past 25 years and is a practitioner of both Vipassana and Ascension meditation. She is a graduate of the Spirit Rock/Insight Meditation Society Teacher Training Program and is a guiding teacher at IMS. She is the program manager and a core teacher in the current IMS Teacher Training. DaRa has been a clinician and administrator in the field of mental health for over 25 years and currently maintains a private practice in Manhattan. She is a certified trainer and practitioner of Indigenous Focusing Oriented Therapy and Complex Trauma. DaRa integrates these skills, understandings, wisdom traditions and world views in her intention for contributing to the ending of suffering for all beings.

Cost of Retreat: The cost of this retreat is **\$490.00** (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. We regret that BIMS is unable to make cost adjustments for personal circumstances. Please fill out the registration form and send with your check to the Registrar. PayPal may also be used for payments (see below).

Scholarships: A limited number of scholarships are available. Scholarship 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: bimsretreats@gmail.com. Note that additional fees will be added.

Cancellation Fee: If you need to cancel, BIMS will refund 75% of your registration fee up to 10 days before the retreat (April 3). Any time after that, the refund will be 50%.

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April 13 - 20, 2019

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 \$490.00 U.S. funds only .	
I am registering for the retreat. I am authorizing a PayPal payment for the full retreat cost of \$501.00 (US PayPal account) or \$509.00 (Canadian PayPal account). Payment should be made to the PayPal account bimsretreats@gmail.com .	
I would like an "e-cabin" with indoor bathroom. Required: I am 65 or older or have a physical disability. I am adding \$70.00 to my retreat cost (\$10.00 per night x 7 nights) (\$72.00 for US PayPal account, \$74.00 for Canadian PayPal account). THE REGISTRAR MUST RECEIVE YOUR REQUEST BEFORE April 3 (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 April 3 (10 days before retreat starts). I will bring an additional \$70.00 check or cash to the retreat (\$10 per night x 7 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 **U.S. 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 bimsretreats@gmail.com.

Patrice Bailey, Registrar 1119 N Forest #204 Bellingham WA 98225	Email questions: bimsretreats@gmail.com Phone: (360) 220-6358
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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 (April 3). 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 _____