

BodhiHeart's Annual Summer Sangha Retreat 2018

A 5-day retreat and a 3-day retreat - Attend one or both parts

Meditation, teachings, practice, interviews, discussion and community.
Both retreats will be held in Noble Silence.

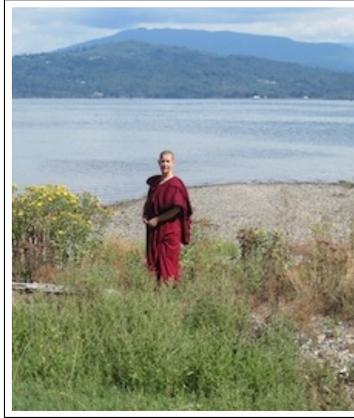
Part 1:

Mindfulness Meditation: Compassion for Oneself

August 18 evening - August 23
Sat. 4PM - Thurs. breakfast

Prerequisite: prior instruction in Buddhist meditation

\$385 (*plus dana for teachers*)



Part 2:

Minimalism: Healing Destructive Desire

August 23 - August 26
Thurs. dinner - Sun. morning

No prerequisite: Beginners welcome

\$285 (*plus dana for teachers*)

The entire 8 day retreat: \$670
(*plus dana for teachers*)

Location: The retreat will be held at an island retreat center north of Mt Vernon right on the waters of Puget Sound. All of our food will be catered – retreatants give it rave reviews. Special diets can be accommodated.



The secluded grounds are extensive and perfect for walking meditation. It is beautiful. We'll wake up to the cry of eagles and a sky filled with the rush of swallows. In the evening the sun will set over the hills of the San Juan islands.

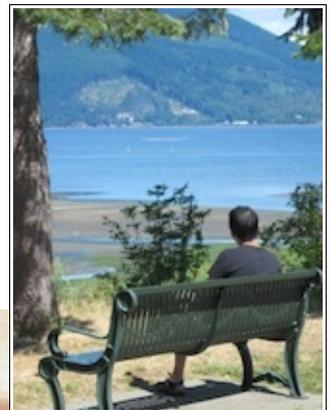
Accommodation: Retreatants will have simple, rustic PRIVATE cabins that share bathrooms. There are also accessible rooms with attached bath for older students and those with disability. Register early to request these. Others

may join the wait list for left-over accessible rooms. All cabins have electricity, heat, chair, table. Tenting is also possible.

Registration: Your early registration will be greatly appreciated. Please register with your full payment. Some scholarships will be available. Send checks to BodhiHeart Sangha for the full amount of the retreat along with the registration form (Scroll down for form and cancellation policy.) We'll send you logistics, materials list, etc. upon receipt.

620 11th Ave. E. Seattle Washington 98102 Questions: bodhi.community@gmail.com

bodhiheart.wordpress.com



BodhiHeart's Annual Summer Sangha Retreat 2018
On Sammish Island, approx 80 miles/1.5 hours north of Seattle

I am registering for:

Part 1: **Mindfulness Meditation: Compassion for Oneself**

August 18 - August 23 - Saturday 4PM - Thursday breakfast

\$385 (plus dana for teachers)

Part 2: **Minimalsim: Healing Destructive Desire**

August 23 - August 26 - Thursday dinner – Sunday morning

\$285 (plus dana for teachers)

The entire 8 day rereat: \$670 (plus dana for teachers)

Partial Scholarships: A limited number of scholarships are available. For more information, contact BodhiHeart by email. Scholarships requests will be filled in the order received.

Make checks payable to Bodhiheart Sangha. Send this form with your check to Bodhiheart or drop off in class. **Early registration is GREATLY** appreciated.

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Email Address _____

Emergency contact: _____ Phone _____

Medical contact: _____ Phone _____

I have read the 'Practice Guidelines' on the reverse side of this form. Please make a copy if you'd like.

I would like a room with attached bathroom. I am older or have a physical challenge. Please note that there are a limited number of these rooms. After July 15 remaining room w/bath will be given to those who request them. (see next box).

I would like a room w/bath but do not have a physical challenge. Please put me on this room waiting list.

I would like you to put me in touch with someone who: can give a ride -- needs a ride a ride --- to the retreat (circle one if appropriate)

This is my first residential meditation retreat.

I have my own zafu and zabuton and will be bringing them.

There will be 3 simple vegetarian meals a day. If you have additional dietary considerations please specify:

I have medical considerations or physical needs (please specify):

A confirmation email or letter will be sent you with details about what to bring, directions, etc..

Cancellation and refund policy

Any forfeited retreat fees (minus BodhiHeart's expenses for your place) will be used to fund retreat scholarships:

* If BodhiHeart is notified 4 or more weeks prior to the retreat, your retreat fee will be fully refunded, minus a \$50 cancellation charge.

* If BodhiHeart is notified between 2 to 4 weeks prior to the retreat, half of your retreat fee will be forfeited.

* If BodhiHeart is notified less than 2 weeks prior to retreat, the full amount of the retreat fee will be forfeited.

Requests for exception to our refund policy will be given for personal or family medical emergencies only and must be made in writing.

Registrar: Deposit Check # _____ Amt \$ _____ Scholarship amt. \$ _____ Final balance Paid \$ _____ Date rec'd _____ Confirmation sent _____

PRACTICE GUIDELINES:

The retreat schedule will consist of meditation instruction, silent sitting and walking, and dharma talks.

There will be three nutritious vegetarian meals served each day. After registration and orientation you will enter the silent space of the intensive retreat environment. The buildings and grounds are in silence at all times, apart from staff working and living areas.

The experience of being on retreat is a rare opportunity for silence and solitude. We ask that retreatants refrain from the use of telephones, cell phones, computers, and from sending or receiving e-mail or text messages. However, exceptional circumstances may arise when communication is necessary. In this case, contact Tenzin Jesse or Ven. Dhammadinna.

ETHICAL GUIDELINES:

We ask that you abide by the five traditional Buddhist precepts for lay practitioners while at on retreat.

1. I undertake the training to refrain from harming living creatures. I undertake the training to practice compassionate action.
2. I undertake the training to refrain from taking that which is not given. I undertake the training to practice contentment.
3. I undertake the training to refrain from sexual activity. I undertake the training to practice responsibility in all my relationships.
4. I undertake the training to refrain from harmful speech. I undertake the training to practice noble silence.
5. I undertake the training to refrain from the use of intoxicants. I undertake the training to wisely care for my body and my mind.

DAILY CHORES:

As part of your retreat practice, you will be asked to engage in mindful work practice. The work will consist of a daily task such as helping in meal preparation, washing dishes, vacuuming, cleaning bathroom facilities, sweeping outside walkways and porches, etc. This work yoga, a form of service, enables us to maintain relatively low retreat fees and to cultivate the practice of mindfulness in daily activities.

MEDICAL ISSUES:

All participants must be mentally stable and physically able to care for themselves. You will be asked to sign a waiver of liability assuming full responsibility for all your activities on the retreat. Everyone must have health insurance or be able to cover his/her own expenses in case of illness or medical emergencies. Should medical needs or emergencies arise, please notify one of your teachers.

TRANSPORTATION:

If requested, Bodhiheart will connect you with people who may take a rider or may need a ride - but we can't guarantee, arrange or oversee transportation in any way.

CANCELLATION AND REFUND POLICY:

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