

Cultivation – Investigation – Contemplation:

Insight Meditation Retreat for Experienced Students

July 22 – 26, 2020

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

978-355-4378

www.dharma.org

Program Description

This silent meditation course for experienced practitioners will focus on deepening mindfulness and insight into being with oneself and others. Our guiding map will be the teachings on the Four Applications of Mindfulness (Satipaṭṭhāna), which enable us to tap into the wealth of practical wisdom from early Buddhist contemplative traditions. The teachers will offer gentle and precise training in unifying the mind, guiding us in establishing different modes of awareness and in metta (friendliness). These practices allow for quieting and strengthening the heart, and foster transformative insights, growth and integration.

Participants are required to have sat at least one silent meditation retreat of a week or more with a recognized insight meditation teacher. Please document this when registering.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their quality of concentration; 3) build on existing meditation experience to better practice insight meditation in relation to thoughts, emotions, and moment to moment experience; 4) strengthen their capacity to assess and advise clients as to the appropriateness of mindfulness practice for them; 5) identify and mitigate mental, emotional and physical distress by developing non-judging attention, which will assist in working professionally with human suffering; and 6) identify and create a greater balance of compassion for oneself and others.

The format will include **12** hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be periods of meditation and silent practice of the principles being taught (including during meals). Although much of the culture

and atmosphere at IMS reflects the Buddhist meditative tradition, this retreat is non-sectarian and does not require any adherence to Buddhism or any other adaptation of personal faith. The only requirement is participants' willingness to learn and practice the skills taught during the course. This retreat is suitable for both beginners and experienced meditators.

Sample Daily Schedule

5:30 Wake up	3:00 Walking
6:00 Sitting	3:30 Sitting with Q & A
6:45 Breakfast	4:30 Walking
7:30 Work Period or Walking Meditation	5:15 Light Dinner
8:30 Instructions and Sitting	6:30 Sitting
9:30 Yoga with instruction or Walking	7:00 Walking
10:30 Sitting	7:30 Dharma Talk
11:15 Walking	8:30 Walking
12:00 Lunch	9:00 Sitting
2:15 Group or individual interview	9:30 Rest or additional practice

Faculty

Akincano Marc Weber is a Buddhist teacher and contemplative psychotherapist. He learned to sit still in the early eighties as a Zen practitioner and later became a monk in Ajahn Chah's tradition where he studied and practiced for 20 years. He studies Pali and early Buddhist scriptures, holds a degree in Mindfulness-Based Psychotherapy, and runs Atammaya Cologne, a small Buddhist center in the Rhineland. He teaches Buddhist Psychology and meditation internationally in Dharma contexts and applied mindfulness in healthcare settings. His latest co-project is Bodhi College.

His particular psychotherapeutic background is an extensive training in a mindfulness-based contemplative psychotherapy called Core Process Psychotherapy and the practice of Focusing. He has an MA in Mindfulness-Based Psychotherapeutic Practice, is an accredited member of the profession in England's UK Council for Psychotherapy (UKCP) and the Association of Core Process Practitioners (ACPP).

Yuka Nakamura (PhD in Dev Psych) has been practicing in the Zen, Vipassana, and Vajrayana Buddhist traditions since 1993. She is an MBSR teacher and teacher trainer at the Zentrum für Achtsamkeit meditation center in Switzerland - which she co-founded. She teaches vipassana meditation across Europe and in the US at centers such as Meditation Center Beatenberg (CH), Insight Meditation Society (US), Gaia House (UK), and Seminarhaus Engl (D). She also teaches at Bodhi College and is engaged in several dharma translation projects. Learn more at www.yuka-nakamura.ch.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy and the Insight Meditation Society. The Institute for Meditation and Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The Institute for Meditation and Psychotherapy maintains responsibility for this program and its content. This course offers **12** hours of credit.

Social Workers: This program has been approved for **12** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 80042-5.

Nurses: Nurses are welcome to pursue continuing education credit with IMS. As an approved provider through the APA and the NASW, many certifying and licensing nursing boards will accept the CEUs that IMS offers. We strongly recommend that you contact the board through which you are licensed or certified, to learn of your particular requirements. Specific questions can be directed to your state board. Please refer to the ncsbn.org website for more information.

Registration

You may register online at www.dharma.org. You may also call IMS to register: 978-355-4378.

Fee: Benefactor: \$500; Sustaining: \$275; Mid: \$275; Base: \$190; Scholarship: \$90.

Please note that IMS's sliding scale fee structure covers administration only. As is customary here, the teachings are freely offered by the course faculty, who do not receive compensation. Instead, participants are invited to support the teachers via a donation at the end of the retreat.

Location: The entire course will be held online.