

Freedom Here and Now: Insight Meditation Retreat

March 10 – 15, 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

An often unexamined view in the mind of meditators is that our freedom and happiness will come about some time in the future, and after a lot of hard work.

While diligent effort is certainly an essential aspect of the meditative path, learning how to relax the mind and body is equally as important. As this relaxation deepens, the grasping of the mind's wanting and not wanting is naturally diminished. This allows for a fuller connection with the present moment and the compassion and wisdom that naturally develops from that.

Through silent sitting and walking practice, guided meditations, instructions and meetings with teachers, we will explore the very real and obtainable freedom that can be found right in this very moment. This course is suitable for both beginning and experienced meditators.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their quality of concentration; 3) practice the techniques of 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 an open and non-judging attention, resulting in a decrease of stress that often arises in working professionally with human suffering; and 6) identify and create a greater balance of compassion for oneself and others.

The format will include **15** 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

Chas DiCapua, MEd, has offered meditation since 2001. He is interested in how all aspects of life can be used towards awakening. Currently the IMS Resident Teacher, he teaches throughout the US.

Jean Esther, MSW LICSW, has trained in meditation since 1975 and has been a practicing psychotherapist for over 37 years. She is a guiding teacher of True North Insight in Canada. She also teaches meditation at IMS in Barre, MA, at Insight Meditation of Pioneer Valley, MA, with Inward Bound Mindfulness Education (IBME), and across the US and Canada. Jean's teachings integrate psychological understanding and somatic awareness with Buddhist teachings on love and wisdom.

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 **15** hours of credit.

Social Workers: This program has been approved for **15** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work.

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: IMS has a sliding scale fee structure. The minimum fee for this course is \$435, the sustaining fee is \$740, and the benefactor rate is \$1,250. A modest number of scholarships are available by application and will be awarded on a first-come, first-served basis.

Please note that IMS's sliding scale fee structure covers accommodations and meals 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 at the Insight Meditation Society, 1230 Pleasant Street, Barre, MA 01005.