

Embodying Kindness and Wisdom:

Insight and Lovingkindness Meditation Retreat

April 14 – 21, 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

Exploring deeply the Buddhist teachings of mindfulness infused with lovingkindness, this silent meditation retreat, open to all, will cultivate our connection to ourselves and to life itself through body-centered awareness. Developing intimacy with our physical, energetic and emotional bodies, we will touch essential truths about life and gain the stability of heart that helps us move through this world with greater wisdom and compassion.

The course will be supported by daily insight and lovingkindness meditation instructions, talks about the teachings and meetings with the teachers. There will also be the opportunity to practice walking meditation outdoors on IMS's beautiful grounds, and an optional period of mindful movement (qigong) will be offered each afternoon.

At the end of this course, participants will be able to: 1) define mindfulness; 2) practice the technique of insight meditation; 3) identify and mitigate mental and physical compulsions by devaluing the judgmental mind; 4) identify and establish a greater balance of compassion for oneself and others, which will reduce the stress that arises in therapy with clients; 5) regulate emotions through attuning to their somatic experience via mindfulness of body; and 6) better regulate and ground challenging energy, creating a greater capacity for stability in difficult personal and professional situations.

The format will include **21** 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

Rebecca Bradshaw, LMHC, is the guiding teacher of the Insight Meditation Center of Pioneer Valley, MA, and a guiding teacher at the Insight Meditation Society in Barre, MA. She leads vipassana retreats in the US and abroad and also works as a psychotherapist. Her teachings invite exploration of the convergence of love and wisdom.

Greg Scharf has been meditating since 1992 and teaching since 2007. He has studied with Asian and Western teachers and trained as a monk in Burma. His teaching emphasizes the confluence of love and wisdom on the path to liberation.

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 **21** hours of credit.

Social Workers: This program has been approved for **21** 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 \$550, the sustaining fee is \$1,035, and the benefactor rate is \$1,750. 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.