

Metta:

Lovingkindness Retreat

May 13 – 20, 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

Metta is the Pali word for friendship or lovingkindness. It is taught as a meditation that cultivates our natural capacity for an open and loving heart. With its roots in practices said to have been taught by the Buddha himself, metta is traditionally offered along with meditations that enrich compassion, joy in the happiness of others and equanimity. These practices lead to the development of concentration, fearlessness, happiness and a greater ability to love.

At the end of this course, participants will be able to: 1) define mindfulness and lovingkindness meditation; 2) practice lovingkindness and the technique of mindfulness of thoughts, emotions and moment-to-moment experience; 3) better advise clients as to the appropriateness of mindfulness practice for themselves; 4) identify and mitigate mental and physical compulsions by developing an open and non-judging attention; 5) identify and establish a greater balance of compassion for oneself and others, which will reduce the stress that arises in therapy with clients; and 6) re-direct unhealthy desires towards deepening compassionate connection to self, others, and our world.

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

Sharon Salzberg, a co-founder of IMS and BCBS, has practiced Buddhist meditation since 1971 and has been teaching worldwide since 1974. She is an IMS guiding teacher and author of *The Kindness Handbook*, *Faith, Lovingkindness and Real Happiness*. She has appeared in *Time Magazine*, *Yoga Journal*, *MSNBC.com*, *Huffington Post*, *Tricycle*, *Oprah's O Magazine*, *Real Simple*, *Body & Soul*, *Mirabella*, *Good Housekeeping*, *Self*, *Buddhadharma*, *More* and *Shambhala Sun*, as well as on a variety of radio programs.

Oren Jay Sofer has practiced Buddhist meditation since 1997 and teaches meditation and communication nationally. He holds a degree in Comparative Religion from Columbia University, is a member of the Spirit Rock Teacher's Council, a Certified Trainer of Nonviolent Communication, and a Somatic Experiencing Practitioner for healing trauma. Oren is also author of *Say What You Mean: A Mindful Approach to Nonviolent Communication*, and the founder of Next Step Dharma, an online course focused on living the path of awakening in our daily lives.

Anushka Fernandopulle lives in San Francisco and teaches retreats and workshops around the world. She has trained in the Theravada Buddhist tradition in the US, India and Sri Lanka for over 30 years. Anushka also works as a leadership coach and management consultant, influenced by a BA in anthropology/religion from Harvard and an MBA from Yale School of Management. She is on the Teachers Council at Spirit Rock Meditation Center in California. Her teaching is informed by arts, nature, politics, social justice and modern urban life.

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.