

Insight Meditation Retreat for 18–32 Year Olds

July 29 – August 5, 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

Join a community of young people exploring the breadth and depth of the heart and mind in a silent retreat setting dedicated to inclusivity and creating refuge from all forms of oppression. With the Buddhist teachings of wisdom and compassion as our guide, we will cultivate a wholehearted attention to the present moment, waking up from worldly delusion and developing embodied ease, clarity and kindness. The retreat format includes daily meditation instruction, group and individual meetings with teachers, and opportunities for questions and discussion. An optional daily period of mindful movement will be offered by Beau Demkar.

The course will end with a day of optional activities centered on building relationships, supporting community, and integrating the practice into our everyday lives. All are welcome to attend – the retreat is open to both beginning and experienced meditators.

Our wish is to make this retreat accessible to anyone who would like to participate. We offer a You Choose fee option for this course, charging a minimum of just \$20 per night (i.e. \$140 minimum total). Those who can contribute more, however, help IMS to continue providing financial aid to as many people as possible.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen the quality of concentration; 3) practice the techniques of insight meditation to thoughts, emotions, and moment to moment experience; 4) better assess and advise clients as to the appropriateness of mindfulness practice for them; 5) manage stress more effectively both in and out of the professional setting, using mindfulness of emotion based in their somatic experience; and 6) reduce negative self-criticism by employing lovingkindness meditation techniques.

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.

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.

JoAnna Hardy has been exploring and practicing multiple traditions since 1999. In 2005, her focus landed on Buddhism and Vipassana meditation, which is the premise for most of her current teaching. Her core interests are in teaching to communities who would not typically have access to mindfulness and the intersections of racial/social/dharma justice.

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 \$140, 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.