

Foundations of Mindfulness-Based Approaches: **Insight Meditation Retreat**

January 8 – 13, 2021

The Institute for Meditation and Psychotherapy

www.meditationandpsychotherapy.org

and

Insight Meditation Society

1230 Pleasant Street

Barre, MA 01005

www.dharma.org

Program Description

This retreat is specifically designed for professionals involved in mindfulness-based approaches, whether as teachers, trainers, psychotherapists, clinicians or researchers. A minimum requirement for attendance is prior completion of a recognized eight-week mindfulness course, or prior retreat experience together with a professional involvement with mindfulness. The teachers of this retreat are all involved in training mindfulness-based professionals or in teaching mindfulness.

The course is not a professional training, but rather an invitation to extend and deepen personal experience of insight meditation, which is rooted in the cultivation of mindfulness. Retreatants will explore the Four Establishments of Mindfulness as taught in the Satipaṭṭhāna, the foundational teachings of all contemporary mindfulness-based applications. These teachings offer a path to freedom and compassion, and encourage the integration of contemplative wisdom into the fabric of our daily lives.

Each day will include a sustained schedule of guided and unguided meditation practice, meetings with the teachers, talks and reflections, all within an environment of silence in the home meditation area. When registering, please indicate your personal and professional involvement with mindfulness.

At the end of this course, participants will be able to: 1) define mindfulness meditation; 2) utilize and strengthen their quality of concentration; 3) utilize a strong, developed quality of balanced observing awareness, which will in turn help augment the therapy/training given to clients in the

professional setting; 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; 6) re-direct unwholesome mental tendencies towards deepening compassionate connection to self, others, and our world; 7) explain the roots of secular mindfulness-based applications in Buddhist psychology and understanding.

The format will include 22 hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. This online retreat will also involve independent 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.

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 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

Yuka Nakamura has practiced Buddhist meditation in different traditions since 1993. She has a PhD in Developmental Psychology, and is a certified MBSR teacher. Based in Switzerland, she was trained as a Buddhist meditation teacher by Fred von Allmen and teaches at Beatenberg (Switzerland), Gaia House (UK), Insight Meditation Society (Barre, MA), and other places. She is co-founder and teacher at the CFM Zentrum für Achtsamkeit in Zurich and faculty member for the Bodhi College teacher training program.

Bob Stahl, PhD, founded and directs mindfulness-based stress reduction (MBSR) programs in three medical centers in the San Francisco Bay Area. A longtime mindfulness practitioner, he has completed MBSR teacher certification at the University of Massachusetts Medical Center, and lived in a Buddhist monastery for more than eight years. Bob also serves as adjunct senior teacher at the Center for Mindfulness in Medicine, Health Care, and Society at the University of Massachusetts Medical School, and the Mindfulness Center at Brown University.

Christiane Wolf, MD, PhD, received her medical degree and completed her postgraduate training in obstetrics and gynecology from Humboldt University in Berlin, Germany. She also holds a PhD in Psychosomatic Medicine from Humboldt University.

Christiane has practiced mindfulness meditation for 30 years, is a senior certified Mindfulness-Based Stress Reduction (MBSR) trainer, and is on faculty for the Center for Mindfulness, University of Massachusetts Medical School. She is a graduate of the 4-year IMS/Spirit Rock teacher training, and is authorized to teach in the Thai Forest Monastery tradition. She is the Director of MBSR programs at InsightLA, and is program director and lead instructor for VA CALM, the national mindfulness facilitator training program for clinicians at the US Department of Veterans Affairs.

Antonia Sumbundu has been a Tibetan and Insight meditation practitioner for 30 years. She is a clinical psychologist specialized in CBT and supervision, and completed an MSt in MBCT from University of Oxford. She focuses on the clinical applications of meditation and teaches/lectures on MBA both nationally and internationally.

Antonia leads secular and Buddhist meditation weekends and retreats. She mentors, leads MBCT training programs and classes, supervises professionals in MBCT, and participates in research projects, clinical trials, and developing training components around enquiry and MBCT supervision.

Continuing Education



Psychologists: 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 **22** hours of credit.

Social Workers: This program has been approved for **22** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number **D 81491**.

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. If you have any questions, contact us at imsonline@dharma.org.

Fee: IMS has a sliding-scale fee structure. The minimum fee for this course is \$240, the mid-fee is \$310, the sustaining fee is \$390, and the benefactor fee is \$600. A modest number of scholarships are available by application and will be awarded on a first-come, first-served basis.

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 course will be offered online.