

Not-Self from a Feminine Paradigm: A Retreat Open to All Experience Levels

March 7 – 12, 2021

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

During this retreat for experienced students, we will feel into not-self from the perspective of what's known as the feminine archetype. How do we experience self and not-self on an embodied feeling level? We can use conceptual frameworks such as the five aggregates and the six sense bases to describe anatta, but what does the actual experience feel like? Through the body and sensing/feeling, we will explore how the self comes together and how it releases. Through sense-based intimacy, we will connect with contraction and spaciousness, clinging and non-clinging, suffering and freedom.

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 **18** hours of guided meditations, talks, instruction, small group meetings, and Q and A sessions led by the teachers. There will also be self-led periods of meditation and silent practice of the principles being taught (including during your meals). Although much of the culture and atmosphere cultivated by 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.

Daily Schedule

All times listed in Eastern Standard Time EST:

Sunday, March 7

4 - 5:30 pm - Opening Session - Rebecca & Dawn
7 - 8 pm - Refuges & Precepts, Opening Ritual - Rebecca & Dawn

Monday, March 8

9 - 10 am - Sitting & Instructions - Dawn
2:15 - 3:15 pm - Dharma Talk - Rebecca
4:15 - 5:15 pm - Practice Groups (Each participant will have a group every other day for a total of two groups)
7 - 8 pm - Chanting, Guided Metta Meditation - Dawn

Tuesday, March 9

9 - 10 am - Sitting & Instructions - Rebecca
2:15 - 3:15 pm - Dharma Talk - Dawn
4:15 - 5:15 pm - Practice Groups (Each participant will have a group every other day for a total of two groups)
7 - 8 pm - Chanting, Guided Metta Meditation - Rebecca

Wednesday, March 10

9 - 10 am - Sitting & Instructions - Dawn
2:15 - 3:15 pm - Dharma Talk - Rebecca
4:15 - 5:15 pm - Practice Groups (Each participant will have a group every other day for a total of two groups)
7 - 8 pm - Chanting, Guided Metta Meditation - Dawn

Thursday, March 11

9 - 10 am - Sitting & Instructions - Rebecca
2:15 - 3:15 pm - Dharma Talk - Dawn
4:15 - 5:15 pm - Practice Groups (Each participant will have a group every other day for a total of two groups) -
7 - 8 pm - Chanting, Guided Metta Meditation - Rebecca

Friday, March 12

9 - 10 am - Group Meditation Practice - Rebecca & Dawn
11 - 12:30 pm - Closing Session - Rebecca & Dawn

Faculty

Rebecca Bradshaw, a Guiding Teacher of the Insight Meditation Society, has been practicing Vipassana meditation since 1983 in the United States and Myanmar (Burma) and teaching since 1993. She completed her dharma teacher training at Insight Meditation Society, where she is part of the three-month retreat teacher team, leads retreats for young adults, and serves as a member of the diversity committee. She also teaches at other locations in the United States and abroad, including Spanish language retreats. Rebecca emphasizes a body-centered approach to meditation, supplemented with large doses of loving kindness. Rebecca has a master's degree in Counseling Psychology and is a Licensed Mental Health Counselor (LMHC). For more information about Rebecca and her teaching schedule, you can visit her website at rebeccabradshaw.org.

Dawn Scott has been practicing insight meditation since 2008, is a Diamond Heart practitioner, and currently serves as the Family Program Coordinator at Spirit Rock Meditation Center. She teaches teen retreats at Inward Bound Mindfulness Education (iBme) and is a participant in the 2017-2021 IMS Teacher Training Program., 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.

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 **18** hours of credit.



Social Workers: This program has been approved for **18** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. NASW-MA Chapter CE Approving Program, Authorization Number D 90192.

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

Registration: You may register online at www.dharma.org. If you have any questions, contact us at imsonline@dharma.org.

A Note on Dana (Generosity): Most IMS teachers—like insight teachers around the world—rely on the generosity of students for their livelihood, and receive no compensation from course fees. All IMS online teachers receive a modest dana advance from IMS to guarantee a minimum level of financial support. ([Click here](#) to learn more about the dana practice.) There will be an opportunity to offer a contribution to your teachers at the end of this course.

Fees: For this course, sliding scale fees are \$200, \$325, or \$500. We also offer a scholarship fee of \$100, and no-fee enrollment for those who request a fee-waiver. Our "Pay What You Can Afford" system supports the cultivation of a dynamic and inclusive community and contributes to the health and vibrancy of the sangha. Email imsonline@dharma.org for more information or to request a scholarship or no-fee enrollment.

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 online.