

Finding Freedom Through Insight Meditation

February 13 – 20, 2019

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

Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. This course is an opportunity to practice continuous mindfulness in silence throughout the day, whether during formal sitting and walking meditation periods or during meals and other daily activities. The context of silence frees us from much of the daily barrage of stimulus that draws our attention outward, and lets us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.

Designed for beginners and experienced practitioners alike, this course will include meditation instruction, talks about the teachings, and practice discussions with teachers. Movement practices can be helpful when on retreat. Sabra Saperstein will offer an optional daily mindful movement session.

At the end of this course, participants will be able to: 1) define mindfulness; 2) apply the technique of mindfulness towards our internal experience of thoughts, emotions and bodily sensations; 3) apply the technique of mindfulness towards activities such as walking and eating; 4) explain to clients how mindfulness towards such activities helps cultivate mental health and well-being; 5) define compassion; 6) apply compassion towards their own internal experience; 7) prepare to utilize these skills of mindfulness and compassion towards their internal experience while in the therapeutic setting.

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.

Faculty

Brian Lesage has practiced Buddhist meditation since 1988 in the Zen, Theravada and Tibetan schools and was ordained in the Rinzai Zen tradition in 1996. He spent six years living in a Rinzai Zen monastic environment. He has attended long-term Vipassana meditation retreats in Myanmar (Burma), Nepal, and India, as well as numerous retreats in the US. He has taught meditation since 2000 in a variety of settings, including prisons, schools, universities, a drug rehabilitation center, and for various meditation groups throughout the nation. Brian has a Master's degree in Counseling, is a certified Somatic Experiencing® Practitioner, and an approved SE Assistant. He also learned the process of Focusing under the guidance of Ann Weiser Cornell.

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.

Vinny Ferraro has been a meditator and active in the social justice arena for over 30 years. He is a Dharma teacher and a nationally recognized leader in designing and implementing interventions for at-risk youth. He helped establish Dharma Punx in the mid '90s, and in 2001 began teaching social skills for Challenge Day, eventually becoming their training director and leading workshops to more than 100,000 youth. He then became the training director for the Mind Body Awareness Project, a non-profit that teaches meditation to the incarcerated. He is currently the senior trainer for Mindful Schools in Oakland, a guiding teacher for Against the Stream, and for 12 years has led a Friday night meditation group in San Francisco.

Continuing Education



Psychologists: This program is co-sponsored by the Institute for Meditation and Psychotherapy and 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. Authorization Number D 80042-6.

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 \$535, the sustaining fee is \$980, and the benefactor rate is \$1,645. 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.