



The Insight Meditation Community of Washington presents

A Meditative Journey

Mindful Movement, Relaxation and Sitting Meditation



Jonathan Foust is a senior teacher in the Insight Meditation Community of Washington and a senior teacher and former president of Kripalu Center for Yoga and Health.

Jonathan has been training teachers and teaching yoga and meditation for over twenty years.

www.jonathanfoust.com

St. Luke's Church is about five miles north-west of Washington, DC and just inside the beltway. There is a beautifully maintained labyrinth and space for walking through their garden.

There is ample on site parking and St. Luke's is accessible via public transportation

with Jonathan Foust

Why did the Buddha emphasize mindfulness of the body as the primary foundation of practice?

The body lives only in the here and now. As we train our attention to rest in the senses we learn how to be present to whatever arises.

Come and explore relaxation as a doorway to presence.

Saturday, July 31, 2010 - 09:00AM - 4:30 PM

**St. Luke's Episcopal Church
6030 Grosvenor Lane, Bethesda, MD**

Mindful movement. Relaxing body scans. Vipassana meditation. Guided journaling and more.

Much of our day will be in social silence.

This retreat is open to both beginning and experienced practitioners.

Bring a journal, water bottle, bag lunch, yoga mat if you have one, an extra blanket or two and a cushion if you plan to sit on the floor. (Chairs are available.)

Space is limited and pre-registration is required.

Registration Fee: Sponsor: \$85, Mid: \$75 or Base: \$65.
You can now register and enroll online at www.imcw.org.

For information, to register, or apply for a scholarship please contact Steve Zappalla at szappi1@hotmail.com or 571-271-7284

- Please turn over for registration form to reserve your space. -

St. Luke's Church (www.stlukesbethesda.org) is located about five miles to the northwest of D.C. Driving directions will be provided in your welcome note.

Base offering of \$65 covers most of the direct expenses for this event and teacher honorarium. No additional donations for the teacher will be requested, however, Dana to help IMCW cover the cost of the daylong will be requested at the end of the day and is also tax-deductible. Payment at \$75 or \$85 includes a tax-deductible donation (of \$10 or \$20) to IMCW. Your generosity enables us to contribute to indirect costs, keep our course fees low, and make scholarships available for persons who would otherwise be unable to attend our retreats.

You can now register and enroll online at www.imcw.org

Please detach and mail the form below with your check (payable to IMCW) to:

Steve Zappalla
119 Herndonmill Cir Herndon, VA 22204

Refund Policy:

1. \$10 of the registration fee is non-refundable. Contact Steve for the balance of your registration.
2. You can receive a refund or offer the balance as a tax-deductible donation to the IMCW Scholarship Fund.

Yes, I/we would like to register for the July 31st, **Day-Long Retreat**

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

I have enclosed my Registration Fee of \$85; \$75 or \$65 (circle one) **Checks payable to IMCW**

I have included a contribution to the IMCW Scholarship Fund of \$_____

Additional Information:

1. If you can volunteer to arrive early to help set up or stay later to help clean up please CHECK THIS BLOCK: BEFORE ___ AFTER _____. A manager will call to confirm your help. Thank you very much.

2. I can offer a ride from _____. I need a ride from _____.
It is OK to share my email with other participants in nearby ZIP's: YES / NO. (Circle one)

3. I will need an assistive listening device ___YES (For other disability-related accommodations, contact Steve)

4. IMCW is working to make the Dharma accessible to all and to create a more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below (information is confidential and for survey purposes only):

___ A person of color and/or ___ Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or ___ A household earning \$40k per year or less.

You will receive a confirmation and further details prior to the event. Please let us know if you do not receive confirmation within one week or if you need confirmation via US mail.