



THE INSIGHT MEDITATION COMMUNITY OF WASHINGTON

Intimacy with Life - Residential Meditation Retreat Fall 2010

led by

Tara Brach, Eric Kolvig, and Jonathan Foust

Vipassana, or Buddhist Meditation, is a way of opening to life and seeing clearly the totality of one's being and experience. The practice is based on cultivating a present-centered mindfulness, leading to an unfolding of our natural wisdom and compassion. The focus of this retreat is to enhance intimacy with ourselves and the world. In order to help participants discover a sense of stillness and deep listening, silence will be maintained throughout the retreat except during question/answer periods and interviews with the teachers. In addition to sitting and walking meditation practice, there will be sessions of mindful movement led each day by Jonathan Foust.

Dates: **Weekend:** Friday, October 1st, 8:00 pm to Sunday, October 3rd, 3:00 pm
Week: **Friday, October 1st, 8:00 pm to Friday, October 8th, 12:00 noon**

Location: **Sevenoaks Pathwork Center, Madison, VA (100 miles SW of DC)**

Cost: **Weekend:** **Room: \$300 (\$150 deposit) Camping: \$230 (\$115 deposit)**
Week: **Room: \$600 (\$300 deposit) Camping: \$450 (\$225 deposit)**

Dana: In keeping with the Buddhist tradition, the teachers and managers receive no payment. The above cost covers room and board only. Donations offered by students at the end of the retreat support the teachers and managers in continuing to make the teachings available. This support is greatly appreciated.

Scholarship Fund: Your generosity supports a scholarship fund for persons who might otherwise not be able to attend the retreat. If you would like to make a tax-deductible contribution, please add the donation to your deposit check and indicate the amount that you are offering on the registration form. If you would like to apply for scholarship assistance, please contact La Sarmiento at la_sarmiento@yahoo.com or 202.997.1399.

Teachers:

Tara Brach, Ph.D., is the founder and senior teacher of IMCW and author of Radical Acceptance. She has practiced and taught meditation and yoga for over 35 years. During this time, she has explored the interface of Western psychology and Eastern spiritual practices through her psychotherapy practice, workshops, meditation classes and retreats.

Eric Kolvig, Ph. D., has been teaching dharma since 1985. He leads meditation retreats and gives public talks around the United States. Eric has a particular interest in "grassroots dharma," building spiritual community in democratic, non-authoritarian ways. Eric also leads retreats in the wilderness, honoring the special value of spiritual practice in the natural world. He has worked with many teachers but primarily with Joseph Goldstein and Sharon Salzberg, in the lineage of Mahasi Sayadaw of Burma, and also with Richard Clarke in the Zen lineage of Roshi Philip Kapleau. Eric lives in a rural spiritual community in northern New Mexico.

Jonathan Foust, MA, CSA, has taught meditation and yoga for over 25 years. A senior teacher and former president of Kripalu Center for Yoga and Health, he serves on the IMCW teacher's council and leads classes, retreats and trainings in the DC metro area and beyond. Jonathan is creator of the Year of Living Mindfully program.

(turn over)

www.imcw.org

There are no single rooms at Sevenoaks. If you prefer more privacy, camping is your best option.

To request more information, contact La Sarmiento at la_sarmiento@yahoo.com or 202-997-1399

Cancellation Policy: If you cancel more than 4 weeks before the start of the retreat, your deposit will be refunded minus a \$50 administrative fee. Because of our financial commitments to Sevenoaks, we cannot offer refunds for cancellations made less than 4 weeks before the retreat unless we are able to fill your space. If we are able to fill your space, the administrative fee will be \$100 and the balance will be refunded. There is no refund if you decide to leave the retreat early. Please consider donating your unused deposit to the IMCW scholarship fund.

To register, please fill out the form below legibly and completely, detach and send with your deposit to:

La Sarmiento, 1840 Mintwood Place NW #104, Washington, DC 20009

Registration form and deposit must be sent together.
E-mailed forms with checks sent separately will not be accepted.
This retreat will fill rapidly; please register early.

Yes, I would like to attend the Fall 2010 retreat! I have enclosed the following deposit:

Weekend (Room): ____ \$150 (Camping): ____ \$115 + \$ ____ (Scholarship Fund) = ____

Week (Room): ____ \$300 (Camping): ____ \$225 + \$ ____ (Scholarship Fund) = ____

Please note: There are no single rooms available at Sevenoaks.

Please make checks payable to IMCW

Name: Last _____ First _____ M.I. _____

Address: _____

City _____ State _____ Zip code _____

Phone(s): _____ Email _____

Age: _____ Female: _____ Male: _____

I need a ride from: _____ I can offer a ride from: _____

Please check if any of the following apply:

This is my first silent meditation retreat. This is my first retreat at Sevenoaks.
 I snore. I have difficulty: walking long distances and/or climbing stairs.
 I would prefer a room on ground level. I have dietary restrictions/special needs.
(please indicate a detailed description on a separate sheet of paper for any of the above)

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. This information is strictly confidential, and will be used for survey purposes only:

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