



"AWAKENING THE HEART OF COMPASSION" New Years Retreat for 2010

with

Tara Brach, Pat Coffey, Hugh Byrne, and Jonathan Foust

The New Year is a wonderful time to touch sacred presence and deepen our roots in spiritual life. In this retreat we will open our hearts and minds through practices of vipassana (mindfulness meditation - both sitting and walking sessions), traditional heart meditations (metta), yoga (mindful movement) and evening chanting. In order to maintain an environment of stillness and deep listening, silence will be maintained throughout the retreat except during question/answer periods, interviews and chanting.

Sunday, December 27th 8:00pm to Friday, January 1st 1:00pm

**New Windsor Conference Center
New Windsor, MD**

Registration Fee: Sponsor: \$670, Mid: \$570 or Base: \$470
Deposit: \$270

Cost: Please pay at the highest level of the sliding scale that you can afford. A base offering of \$470 covers IMCW's direct costs. This scale allows those who need to pay less the opportunity to attend. Any amount paid above the base fee is a tax-deductible contribution to IMCW

Dana: In keeping with the Buddhist tradition, the teachers and managers receive no payment. The above fees cover 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.

Teachers:

Tara Brach, PhD is the founder and senior teacher of IMCW and author of Radical Acceptance. She has practiced and taught meditation and yoga for 30 years. Tara explores the interface of Western psychology and Eastern spiritual practices through her psychotherapy practice, workshops, meditation classes and retreats.

Hugh Byrne, PhD is a co-founder of the Washington Buddhist Peace Fellowship and the Mindfulness Training Institute of Washington. He teaches classes on Buddhism and meditation for the Smithsonian Resident Associate Program and teaches weekly classes in Washington, DC.

Jonathan Foust, MA has taught yoga and meditation for over 25 years and teaches a style of movement that is particularly supportive of meditation practice. He is co-founder of Mindfulness Training Institute of Washington, serves on the IMCW teacher's council, and leads Vipassana classes in the DC Metro area. He is president emeritus and a senior teacher at Kripalu Center for Yoga and Health.

Pat Coffey has practiced meditation for over 25 years. He has studied with numerous North American and Asian teachers, and has completed the three-year Community Dharma Leadership program sponsored by the Spirit Rock Meditation Center. Pat teaches at Insight Meditation Community of Charlottesville in Charlottesville, Virginia.

(turn over)

This retreat will fill rapidly; please register early.

Cancellation Policy: If you cancel more than 4 weeks before the start of the retreat, your deposit will be refunded minus a \$25 administrative fee. 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 \$50.

To request more information and/or register for this retreat, please send completed form and deposit to:

Steve Zappalla, 119 Herndonmill Cir, Herndon, VA 20170

(571) 271-7284 ~ szappi1@hotmail.com

Yes, I/we would like to attend the 2010 New Years Retreat

NAME(s) : _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: _____ EMAIL: _____

I plan to pay at the \$670, \$570, \$470 level (circle one) Checks made payable to IMCW.

I have enclosed my deposit of \$270 (or more) _____

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

Please note: there are a limited number of single rooms available at New Windsor.

Additional Information:

1. If you can volunteer to arrive early and help with registration and set up or stay later to help clean up, please CHECK THIS BLOCK: BEFORE ___ AFTER _____. A manager will call to confirm with you. 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 assisted listening device _____ YES (For other disability-related accommodations, please contact Steve.)

Please check if any of the following apply:

___ This is my first silent meditation retreat. ___ This is my first retreat at New Windsor.

___ 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.

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/Transgender/Questioning

___ A household earning \$40k or less per year



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 prior to the event or if you need confirmation via US mail.