



The Insight Meditation Community of Washington  
presents

## EMBODIED PRESENCE

### A Daylong Retreat of Mindful Movement, Relaxation and Meditation

*with Jonathan Foust*



Jonathan Foust is a member of the IMCW teacher's council and co-founder of the Mindfulness Training Institute of Washington. He is a senior teacher and former president of Kripalu Center for Yoga and Health, the largest center for yoga in the country. Jonathan has been training teachers and teaching yoga and meditation for over two decades.

The Foundry United Methodist Church is at 16th and P Streets in Washington, DC and is near the Red Line Metro.

Street parking is available and there are wonderful restaurants nearby if you elect not to bring your lunch with you.

Saturday, October 11th, 9:30 AM–5:00 PM

The Foundry United Methodist Church at 16th and P Streets  
in Washington, DC

Renew your body, mind and spirit in this day of practice as we explore what it means to cultivate direct and spontaneous intimacy with the flow of life.

This retreat includes movement sequences supportive of seated meditation, guided body scan / relaxations, instruction in sitting and walking meditation, talks, discussion and more.

Bring a journal, water bottle, yoga mat if you have one, an extra blanket or two and a cushion if you plan to sit on the floor for meditation. (Chairs are available.) You might like to pack a lunch, though meals can be purchased nearby.

Most, but not all of of this day will be in social silence.

*This retreat is open to both beginning and experienced practitioners.*

Registration Fee: Sponsor: \$85, Mid: \$75 or Base: \$65. The base offering of \$65 covers direct expenses for this event, including support for the teacher.

Please see the attached registration form to reserve your space.

For more information visit [www.jonathanfoust.com](http://www.jonathanfoust.com).

**Please pre-register by Friday, September 27th.  
This workshop will fill quickly; act now to reserve your space!**

**“Yes, I would like to attend Jonathan’s October 11th Embodied Presence daylong retreat!”**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
EMAIL: \_\_\_\_\_ TELEPHONE \_\_\_\_\_

The base offering of \$65 covers direct expenses for this event, including support for the teacher. Payment above the base fee of \$65.00 helps support IMCW and is tax-deductible.

**Registration Fee:**

\_\_\_ Sponsor: \$85  
\_\_\_ Mid: \$75  
\_\_\_ Base: \$65.

If you would like to offer a donation to a participant who may not be able to afford to attend this event, please do so below.

I would like to support another participant (optional) \$ \_\_\_\_\_

TOTAL Enclosed (Check payable to IMCW) \$ \_\_\_\_\_

\_\_\_ I will need an assistive listening device.

I can offer a ride from: \_\_\_\_\_

or I need a ride from: \_\_\_\_\_

**Please send this form and your check (payable to IMCW) to:**

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

**An e-mail and letter will be sent to confirm your registration.**