



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.

For more information visit www.jonathanfoust.com.

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

Please pre-register by Friday, October 4th.
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

You will receive an e-mail or letter confirming your registration.