



Insight Meditation Community of Washington

presents

Dancing With Life

A Daylong Meditation Retreat and Benefit for IMCW with

Phillip Moffitt

Saturday, May 10, 2008 ~ 9:30AM to 5:00PM

Carderock Springs Elementary School
7401 Persimmon Tree Lane, Bethesda, MD

Bring a bag lunch and sitting equipment (chairs available)

The Four Noble Truths were the Buddha's first teaching after he found freedom from his own suffering. Within the Four Noble Truths, the Buddha described Twelve Insights, which lead to full understanding of the Four Noble Truths. Realizing these Twelve Insights will enable you to experience what's difficult in your life without being filled with stress and anguish.

In this daylong, you will learn how to apply the practice of Vipassana (insight) meditation to further integrate the Four Noble Truths more fully into your life. These teachings will allow you to dance with both the joy and pain of life.

The day will consist of dharma talks, sitting and walking meditations, and time for questions and answers. The material for this daylong is part of Phillip Moffitt's newly released book entitled *Dancing with Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering*.

This is a benefit day for the Insight Meditation Community of Washington. 100% of the post-expense proceeds will be donated to IMCW.

REGISTRATION FEE: Sponsor = \$70; Mid = \$60; Base = \$50

The base rate of \$50 covers direct expenses as well as some indirect costs. Any amount paid over \$35 may be considered a tax-deductible donation.

For more information, please contact: Laura Mooney at LauraMae63@aol.com or 301-270-4525

See next page for registration form.

www.imcw.org

ABOUT THE TEACHER

In 1987, **Phillip Moffitt** left his highly successful post as CEO and editor-in-chief of *Esquire* magazine to focus on his inner life. President and founder of the Life Balance Institute, a non-profit organization devoted to the study and practice of spiritual values in daily life, Phillip teaches mindfulness meditation at retreat centers around the country and holds a weekly meditation class in Marin County (for more about Phillip, please visit www.lifebalance.org or www.marinsangha.org/).

Scholarships: Scholarships are available for persons who, for financial reasons, may be unable to attend the retreat. **If you would like to apply for scholarship assistance**, please contact Laura Mooney (LauraMae63@aol.com or 301-270-4525). **If you would like to make a tax-deductible contribution to the fund**, please add the donation to your registration check and indicate the amount you are offering.

Refund policy: \$25 of the registration fee is non-refundable. If you contact Laura on or before May 1st, the balance of your registration will be refunded (issuing a refund check may take 2-4 weeks). You have the option to receive a refund or to offer the balance of the registration fee as a tax-deductible donation to the Scholarship Fund – please let Laura know your preference at the time of cancellation.

Yes, I would like to register for the daylong retreat and benefit on May 10, 2008

Dancing With Life, with Phillip Moffitt

Name: _____

Address: _____

Phone: _____ Email: _____

Amount Paid: \$ _____ (*check made payable to IMCW*)

I have included a tax-deductible donation of \$ _____ for the Scholarship Fund

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

Please mail this form with your registration check to: **Laura Mooney, 7057 Carroll Avenue, Apt. 6, Takoma Park, MD 20912**