



Insight Meditation Community of Washington
meditate@imcw.org ~ www.imcw.org ~ 202.986.2922

*Freedom from Addiction:
Buddhist Practices That Heal and Awaken the Heart*

with

Tara Brach

Saturday, April 19, 2008 9am – 5pm
Carderock Springs Elementary School
7401 Persimmon Tree Lane, Bethesda, MD 20817

*Bring a bag lunch and blanket and cushions if you want to sit on the floor (chairs available).
Space is limited; pre-registration is required.*

When we are trapped in addictive behaviors, we are unable to be intimate with the life within and around us. As the Buddha taught, in the moments we are identified with grasping and clinging, we forget the goodness and freedom of our true nature. In this workshop we will explore how to reconnect with our natural wisdom and love by bringing Buddhist meditative practices and teachings to the addictive patterns that cause us suffering. This daylong will include dharma talks, guided meditations, exercises and discussion.

If you are new to mindfulness meditation you may wish to familiarize yourself by attending a few IMCW classes in your area (www.imcw.org) before this daylong. Those who may be in 12 Step recovery will find this day an exploration of 11th Step work.

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.

Your payment at the two higher levels includes a tax-deductible donation (of \$10 or \$20) to the Insight Meditation Community of Washington (IMCW). Your generosity enables us to contribute to indirect costs, keep our course fees low, and make scholarships available for persons who would otherwise be unable to attend our retreats.

For more information about the retreat or applying for a scholarship, please contact Janet Merrick at: merrick.janet@yahoo.com or 301-814-1920.

To register, please complete and mail the form on the back with your check, payable to IMCW, to: Janet Merrick, 1 Marcia Ct., Rockville, MD 20851.

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Tara Brach, Ph.D., is the founder and senior teacher of IMCW, and author of Radical Acceptance: Embracing Your Life with the Heart of a Buddha (Bantam, 2003). She has practiced and taught meditation and yoga for 30 years. During this time, she has explored the interface of Western psychology and Eastern spiritual practices through her psychotherapy practice, workshops, and meditation classes and retreats.

IMCW Refund Policy:

\$25 of the registration fee is non-refundable. If you contact Janet by phone, email, or snail mail **on or before April 4**, 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 check or to offer the balance of the registration fee as a tax-deductible donation to the IMCW Scholarship Fund. Please let Janet (merrick.janet@yahoo.com or 301-814-1920) know your preference at the time of cancellation.

Yes, I/we would like to register for IMCW's *Freedom from Addiction* daylong retreat, April 19, 2008

Names of all who are registering: _____

Telephone(s): _____

E-Mail: _____

Registration fee: Sponsor: \$85, Mid: \$75, or Base: \$65 per person: \$ _____

Total Registration fee enclosed: \$ _____

I have enclosed a donation of \$ _____ for the Scholarship Fund.

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

You will receive a confirmation email with directions.

I will need an assistive listening device (FM system is available with loop or headphones) _____

This workshop will fill up quickly; please register early – pre-registration required.

Please send this form with a check, payable to IMCW, to:

**Janet Merrick
1 Marcia Ct.
Rockville, MD 20851**