

“INTEGRATING LOVING KINDNESS AND COMPASSION INTO OUR IN- SIGHT PRACTICE”

A VIPASSANA MEDITATION RETREAT

Offered by **The Yellow Springs Dharma Center**

With Rebecca Bradshaw, Insight Meditation Society

Choice of May 5–7 or May 5–12, 2017

Jesuit Spiritual Center in Milford, Ohio

The Buddha’s teachings offer a way to develop a deep and embodied presence in our human life. This retreat will emphasize the integration of the mindfulness practice and the heart practices (Brahmaviharas); cultivated together they lead to a deeper and richer meditation experience, each one strengthening and supporting the other. Extensive guidance will be offered in how to meet all experiences of body, thought, and emotions with compassionate presence, in the process discovering our own innate qualities of wisdom and openheartedness.

This seven-day retreat (with two-day option), appropriate for both new and experienced meditators, will be held in silence with alternating periods of sitting and walking meditation. Each day includes guided Vipassana and loving kindness/Brahmavihara practice, an evening dharma talk, and opportunities to meet with the teacher. Students are encouraged to consider the seven-day option, which offers an opportunity for a greater deepening of practice. Rebecca will be assisted by Candace Cassin, who will also offer optional movement practice each afternoon.

The retreat will be held at the Jesuit Spiritual Center of Milford, Ohio, in the Loyola Building, which sits back on an oak-lined drive between the peaceful flow of the Little Miami River and the ample grounds of the old Jesuit Novitiate. Vegetarian meals will be provided, and all rooms are single.



Rebecca Bradshaw is a Guiding Teacher at Insight Meditation Society in Barre, MA, and the Guiding Teacher of the Insight Meditation Center of Pioneer Valley in Easthampton, MA. She has been teaching since 1993 in the United States and abroad, bringing a style that explores the convergence of love and wisdom. Rebecca has a master’s degree in Counseling Psychology and is a Licensed Mental Health Counselor. Since 2006 she has been teaching the annual residential Vipassana retreat with the Yellow Springs Dharma Center.

For More Information

Email vipassana@ysdharma.org or call Linda at (937) 572-9077

REGISTER ON THE REVERSE SIDE

REGISTRATION

Registration Deadline: April 28 (or until all spaces are reserved)

Check-in: 4:30 p.m., May 5

Dinner Served: 6:30 p.m.

Opening Talk: 7:30 p.m.

SEVEN-DAY RETREAT:

Friday, May 5–Friday, May 12

Concludes after lunch on Friday

\$650 plus teacher donation*

TWO-DAY RETREAT:

Friday, May 5–Sunday, May 7

Concludes after lunch on Sunday

\$190 plus teacher donation*

**Teacher donations: The above fees cover only the cost of lodging, food, and travel expenses for Rebecca and her assistant. Rebecca offers the teachings freely according to the ancient Buddhist tradition of Dana. She is supported by voluntary donations, generously offered at the end of the retreat.*

To register, please submit bottom section and deposit, to:

Vipassana Retreat (Linda Potter)

Yellow Springs Dharma Center

502 Livermore Street

Yellow Springs, OH 45387



CLIP AND RETURN THIS SECTION WITH YOUR DEPOSIT

Name: _____

Address: _____

Email: _____ Phone: _____

Retreat selections: (check those that apply)

Deposit due with application:

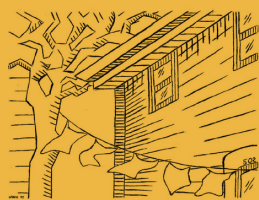
- I plan to attend the seven-day retreat and am submitting a \$200 deposit
- I plan to attend the two-day retreat and am submitting a \$90 deposit
- This is my first retreat.
- I would like to request a scholarship for this retreat.
- I am donating \$_____ to the Yellow Springs Dharma Center Scholarship Fund

Checks are payable to Yellow Springs Dharma Center.

Balance due at retreat sign-in.

No one will be turned away for lack of ability to pay.

Please consider donating to the YSDC Scholarship Fund. Thank you.



2017 VIPASSANA RETREAT
YELLOW SPRINGS DHARMA CENTER