



INSIGHT MEDITATION RETREAT

“Walking the path of love and wisdom”

Offered by The Yellow Springs Dharma Center

<http://www.ysdharma.org/>

Choice of May 4-11 or May 4-6, 2018 at the Jesuit Spiritual Center in Milford, Ohio

**With Rebecca Bradshaw, Insight Meditation Society
Assisted by: Candace Cassin and Jessica Morey**



Walking the path of love and wisdom: The Buddha described an integrated spiritual path leading to deep happiness and peace. In this retreat, we will explore the Noble Eightfold Path, including a grounding in ethics and living from our deepest values, techniques and practice in training the mind and heart in mindfulness and loving kindness, and the development of wisdom. Each day will include sitting and walking meditation, instructions in mindfulness and loving kindness practice, talks about the teachings, optional afternoon yoga, and meetings and discussions with the teacher. This week-long silent retreat will give you the opportunity to connect deeply with yourself and with life itself.

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, MA. She has been teaching since 1993 in the US and abroad. Rebecca has a master’s degree in Counseling Psychology and is a Licensed Mental Health Counselor. She has been teaching the annual residential Vipassana retreat with the Yellow Springs Dharma Center since 2006.

Candace Cassin has been practicing Vipassana since 1983. She currently teaches at the Insight Meditation Center of the Pioneer Valley. She has worked in the disability and hospice fields, and has assisted Rebecca on this retreat for the past two years.

Jessica Morey is the Executive Director of Inward Bound Mindfulness Education, a nonprofit organization offering mindfulness meditation retreats for teens, young adults and parents, as well as professionals who work with teens.

The Jesuit Spiritual Center of Milford, Ohio is located north of Cincinnati. Our retreat will be located in the Arrupe Building on beautiful grounds next to the Little Miami River. Vegetarian meals will be provided, and all rooms are single.

For More Information:

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

2018 Yellow Springs Dharma Center Insight Meditation Retreat

Registration Details

Registration Deadline: April 27, 2018 (or until all spaces are reserved)

In 2017 the Yellow Springs Dharma Center retreats with Rebecca Bradshaw were fully booked well in advance. Therefore, early registration is recommended.

Check-in: 4:30 p.m., May 4
Dinner Served: 6:30 p.m.
Opening Talk: 7:30 p.m.

Seven Day Retreat

Friday, May 4 to May 11

Concludes after lunch on Friday

\$650 plus teacher donation*

Two Day Retreat

Friday, May 4 to May 6

Concludes after lunch on Sunday

\$190 plus teacher donation*

Both the seven day and the two day retreats will be appropriate for those new to residential retreat as well as those more experienced.

All are welcome to attend either retreat.

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

To register, please mail the form on the following page, with a check for your deposit, to:

Vipassana Retreat (Linda Potter)
Yellow Springs Dharma Center
502 Livermore Street
Yellow Springs, OH 45387

We want our retreats to be accessible. No-one will be turned away for lack of ability to pay. If you would like to apply for a scholarship, please send a brief description of need and amount desired to Vipassana@ysdharma.org

2018 Yellow Springs Dharma Center Insight Meditation

Retreat Registration

Name: _____

Street Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Retreat selections: *(please check all those that apply)*

- 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 am requesting a scholarship for this retreat.
- I have special dietary needs (please mark your choice below):
 - Dairy-free
 - Gluten-free
- I am donating \$_____ to the Yellow Springs Dharma Center Scholarship Fund

*Please make checks payable to Yellow Springs Dharma Center.
Balance will be due at retreat sign-in.*

In order that we may continue to make our retreats as accessible as possible, if you are able, please consider donating to the YSDC Scholarship Fund. Thank you.