

GRASSROOTS DHAMMA



Winter 2025

Teacher Biographies and
Online Registration are
available at

WWW.TCVC.INFO



WINTER RETREAT FEBRUARY 16-23, 2025

Chas DiCapua and Rebecca Bradshaw

Down-to-earth Dharma: Awakening the heart through embodiment

In this retreat we will explore how we awaken through connecting with all of ourselves: mind, heart, and body. With kindhearted awareness, we weave together and integrate our various experiences, leading to a freedom that is grounded and whole, no part left out.

To support the integrity of the retreat, participants will be expected to commit to the entire retreat.

Dear Friends,

TCVC has held two retreats at [Koronis Ministries](#) near Paynesville, less than two hours away from the Twin Cities. We feel that we have found our new home. The staff has been welcoming and attentive, and they willingly resolve the minor issues that arise. The accommodations are comfortable and provide privacy for all retreatants. The food has been nourishing and plentiful. The lovely setting on a peaceful lake shore inspires practice. Also, this winter, there will be plenty of space for walking meditation and movement practice. We have revised our COVID safety protocols. Masking and testing will be optional unless there are new health mandates from the CDC.

In other news, we would like to acknowledge the generosity of all those who contributed to the BIPOC retreat fund. We donated the proceeds to Common Ground, and this summer, a BIPOC retreat was held with Tuere Sala at Prairie Farm. We received heartfelt gratitude from the participants, and we are once again collecting funds for a future retreat. Please consider contributing to the BIPOC fund to support our fellow yogis.

Looking forward, we welcome back Deborah Helzer to guide our 2025 summer retreat with Annie Nugent. Both teachers have a long association with IMS, and you can read more about them on our [website](#). Vance Pryor will be returning to teach with Deborah in 2026.

Wishing you well,
TCVC Board

TCVC retreats are appropriate for both beginning and experienced meditators. We are committed to cultivating a retreat environment that is welcoming to people of diverse identities, including those of all races, ethnicities, cultures, sexual orientations, gender identities, religions, abilities and ages. It is our aim that all may feel safe and respected on their TCVC retreat.

Inclusive Mindfulness by Chas DiCapua

The Japanese Buddhist nun Izumi Shakibu wrote about her enlightenment experience, saying: “Watching the moon at midnight, solitary, mid sky. I knew myself completely, no part left out.” This view, and experience of freedom, where no part is left out, contrasts with the often held view that something needs to change, that we need to change, in order to experience the freedom that the Buddha taught.

While it is true that human beings begin the Eightfold Path with hearts and minds that are defiled by desire, aversion, and delusion, the freedom from these unwholesome mind states rests not in transcending them, and the rest of our humanity, but in seeing them clearly. From understanding their imperfect, impermanent, and impersonal nature, we don’t transcend our anger; we come to understand it. We don’t renounce desire with will power, but through deeply connecting with the experience of desire, we come to understand the futility of trying to use pleasant experiences as a vehicle for happiness. Zen master Dogen, when asked what enlightenment is said, “Enlightenment is being intimate with all things.” In order to fully understand experience, such that the heart and mind are liberated by that understanding, we must embrace and become intimate with the experience.

Joseph Goldstein has a great quote: “Don’t waste your suffering.” With this quote he is pointing us towards a practice that is all inclusive. There aren’t things to transcend, only things to be understood. When we are suffering, by definition, the heart and mind are momentarily overcome by one or more defilements. Once we become mindful of their presence, rather than being averse to them and trying to transcend them, we consciously include them in the totality of our experience. We use a kind hearted attention to meet these experiences just as they are, “just as I am”.

The vehicle that the Buddha suggested we use to do this exploration is none other than this very body of ours. Because most everyone begins Dharma practice with being disembodied to some extent, practice is needed to come home to our bodies. Through sustained mindfulness, our somatic experience of our body becomes more and more refined. This allows the body to become a wonderful instrument to bring to bear on our Dharma practice. Feeling what arises, particularly what is difficult, in our bodies, is what allows us to become intimate with what is arising. We know our bodies fully, and we know experience as it manifests in our bodies. We get a very direct message of what is wholesome and what is unwholesome, what is for our well-being and what isn’t. Nothing is left out and we return to a sense of wholeness. This supports the development of insight, as well as manifesting in the moment as contentment, ease, and a deep sense of well-being.

TCVC is a community of people interested in developing and deepening their meditation practice. We provide opportunities to hear and practice the teachings of vipassana (insight) and metta (lovingkindness) meditation, with an emphasis on residential retreats led by senior teachers in the Theravada Buddhist tradition

Registration for February 16-23, 2025 with Chas DiCapua & Rebecca Bradshaw

Register online at WWW.TCVC.INFO or mail your registration to Aaron Means,
17849 Liv Ln Eden Prairie 55346

Name _____ Please identify your gender _____

Address _____ City _____ State: _____

Zip code _____ Phone _____ Email _____

- This is my first retreat I can help set up I need a ride I can give a ride
 I have special accessibility, dietary or other needs. (Please enclose a description or email the registrar.)
 I need an assisted listening device.
 Scholarship request (\$50 - \$400) \$ _____

\$ _____ Retreat Fee* ___\$880 Single room/single bath (limited availability) ___\$570 Single Room/shared bath

\$ _____ Optional tax-deductible donation to TCVC Retreat Fund Scholarship Fund BIPOC Fund

\$ _____ Total Enclosed (Make check payable to TCVC)

*The teachers who we ask to lead our retreats do not request or receive any compensation from us for their teaching. At the end of the retreat, students are encouraged to practice *dana* (generosity) by offering a donation to the teachers.

Vipassana (insight) meditation is a simple and direct practice: the moment-to-moment investigation of the mind/body process through calm, open and precise awareness. Learning to observe experience from a place of spacious stillness enables one to relate to life with a balance of wisdom and compassion.

Held in noble silence, the retreat includes sitting and walking meditation, instructions, Dharma talks, and group and individual meetings with the teachers.

As the teachings of the Buddha are considered priceless, they have traditionally been offered freely. The teachers do not receive payment from TCVC for teaching. The registration fee covers room and board, travel expenses for the teachers and other expenses.

At the end of the retreat, students are encouraged to offer a donation to the teachers to support their living expenses so they may continue to practice and teach.

To receive a scholarship, enter the amount requested and subtract this amount from the registration fee.

Scholarships are limited to one retreat per person per calendar year. Those who wish to may help others by donating to the TCVC Scholarship Fund or Retreat Fund.

Accommodations at Koronis Ministries are ADA-compliant, and everyone will have a single room. Pillows, sheets, a light bedspread, wool blanket and towels are provided.

You may leave the Koronis Ministries phone number (320)243-4544 with family for emergency contact only.

Retreat Schedule

Sun 2/16	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 2/23	Retreat ends	After 10:30 AM brunch

Attendance Yogis are expected to arrive no later than 5:00 PM on opening day and to stay for the duration. There are no exceptions.

Meals Vegetarian meals begin at 6:00 PM on opening night and end with a 10:30 brunch on the last day of the retreat.

Registration

Register and pay online at www.TCVC.info or send a check for the full amount to secure your registration. You will receive an acknowledgement of registration by email. Shortly thereafter, you will receive a confirmation of your status for the retreat (registration or wait list). Approximately one month before the retreat, you will receive an email giving you more information about the retreat.

If you have any questions or special needs, please email retreats@tcvc.info or call or text the registrar, Aaron Means at 651-328-4048

Cancellations Notify the registrar if you need to cancel. Cancellation fees are as follows:

Before February 1: \$75

On or after February 1: \$200

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TCVC CALENDAR

Dates	Teachers
February 16-23, 2025 Registration opens 11/1/2024	Chas DiCapua & Rebecca Bradshaw
June 8-15, 2025	Deborah Helzer & Annie Nugent
February 2026 (dates tbd)	Chas DiCapua & Rebecca Bradshaw
June 2026 (dates tbd)	Deborah Helzer & Vance Pryor

Contact Us

retreats@tcvc.info