

GRASSROOTS DHAMMA



Winter 2026

Teacher Biographies and
Online Registration are
available at

WWW.TCVC.INFO



WINTER RETREAT FEBRUARY 15-22, 2026

Chas DiCapua and Rebecca Bradshaw

Deep attention: nourishing and balancing our ways of knowing

In this retreat we will widen the ways that we know, leading to deeper and fuller attention to our vibrant human life. Connecting to our experience through the doorways of the mind, the heart, and the abdomen allows us to develop freedom through being grounded here on earth as a caring and conscious being. Our exploration will unfold in the silence of retreat as we sit, walk, meet in small groups, and allow the stillness of the winter landscape to support us in our journey to full embodiment.

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

Dear Friends,

We feel as though we're settling in on our metaphorical cushion as we look forward to next year. Koronis Ministries has accommodated us generously, and their retreat facility provides simple housing, abundant nature, and nourishing food to sustain us as we practice together.

Chas and Rebecca will partner together to offer us their wisdom this winter and guide us as they have for many years. Rebecca shares a reflection on the next page that reminds us of the importance of practice in our lives, and we hope you will join us on retreat. We expect that the weather will be bracing and the expanse of the lake frozen deep enough for walking meditation.

We are reaching out more often through email with updates, reminders, and retreat opportunities. We wish to foster a connection to the TCVC community outside of retreat. Please welcome two new TCVC Board members: Aaron Means and Alexa Smith.

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.

Ways of Knowing by Rebecca Bradshaw

One day I was walking near a salt marsh and saw a group of children participating in an outdoor nature workshop. One little boy seemed confused and asked the teacher what to do. She said, "Take this ruler and this piece of paper and . . ." she hesitated, "just go measure something." Her instructions fit the contemporary view of how we learn: we measure, calculate, systematize, and take apart nature. I yearned for her to tell that young boy to sit down next to the marsh and see, hear, smell, and feel his animal body in the presence of this environment and then come back to tell her what he had learned.

How do we know the truth of things? How do we know what we know? The way most of us frame the knowing of things is through the conceptual mind. We take for granted that we know things through cognition, intellect, and analysis. We know facts; we analyze, generalize, think through; and we then have a pretty good grip on things. Of course, this cognitive way of knowing is a useful and important tool for navigating our world. Can we, however, expand our ways of knowing?

The embodied paradigm approaches knowing through intimacy. We get familiar with life by connecting directly with experience, softening into close contact. This kind of knowing is more implicit and counts on our capacity to feel and be vulnerable to what we meet. It requires being willing to let ourselves be touched by life.

When fixated on the conceptual realm as the only valid way to know the world, we trap ourselves in the disembodied world of the mind. We limit the ways that we perceive the world and, in so doing, limit the freedom of our heart-mind. We lose touch with vast realms of our inner life and our intimate connection with the world around us. We wind up alienated from ourselves and our embeddedness in the vibrant experience of our home, the earth.

Our Insight Meditation practice teaches us ways of knowing based in the heart, the body, and even the cells. These embodied, intuitive ways of knowing could more accurately be called *ways of being*. More direct than cognitive knowing, they liberate the heart and mind through intimacy and offer healing on a societal and planetary level. We skillfully utilize Buddhist cognitive frameworks, such as the Four Noble Truths, the Four Foundations of Mindfulness, and the Noble Eightfold Path¹ to orient us, but recognize that cognitive comprehension is not enough to transform the heart and mind. A more intimate kind of knowing is needed for the heart-mind to unbind.

We need to experience the truths of life by rubbing up close to them. By becoming intimate with suffering, intimate with freedom, we access transformation that endures. Feeling our way into impermanence, suffering and stress, and not-self—the three basic truths about life—the heart-mind learns on a visceral level the way things truly are in this world and how to navigate life with freedom.

Our spiritual journey requires faith in this embodied way of knowing. Having tended toward faith in facts, logic, structure, and reasoning, we learn to trust unmediated contact, feeling, and intuitive knowing. Zen teachers often say, "Not knowing is most intimate." Not knowing in our usual cognitive way, we move closer to this dynamic life and the truth of wild existence, unobstructed by our ideas of things. We dissolve the protective cognitive shield that keeps us separate and allow ourselves to be genuinely touched by the beauty and challenges of the world within and around us. This ever-shifting vibrant experience teaches us.

Meditation practice reacquaints us with embodied and heart-centered ways of being, engendering compassionate coexistence and great care with the effect of our actions upon other beings and the earth itself. Through a greater sense of belonging and connectedness, we cultivate an ethics of respect, appreciation, and compassion in relationship to all that lives. We counter our strong bias to navigate the world with our minds, with instruments and measuring sticks, by reclaiming our innate navigation methods based in feeling, sensing, and embodiment. We connect over and over again with the body and heart, quieting the cognitive mind. Relaxing into intimacy, we escape the prison of the primacy of the thinking mind and open our being to embodied heartfelt ways of knowing.

Adapted from [Down to Earth Dharma: Insight Meditation to Awaken the Heart](#)

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 15-22, 2026 with Chas DiCapua & Rebecca Bradshaw

**Register online at WWW.TCVC.INFO or mail your registration to Phil Harper,
1148 Hague Avenue, St. Paul, MN 55104**

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* \$900 Single room/single bath (limited availability) \$590 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 2/15	Registration	3:00–6:00 PM
	Evening meal	6:00 PM
	Retreat opens	7:30 PM
Sun 2/22	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, **Phil Harper at 612-396-5632**.

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

Before January 24: \$75

On or after January 24: \$150

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TCVC CALENDAR

Dates	Teachers
February 15-22, 2026 Registration opens 11/1/2025	Chas DiCapua & Rebecca Bradshaw
June 7-14, 2026 Registration opens April 1, 2026	Deborah Helzer & tbd
February 2027 (dates tbd)	Chas DiCapua & Rebecca Bradshaw
June 2027 (dates tbd)	Deborah Helzer & tbd

Contact Us

retreats@tcvc.info