



The Yellow Springs Dharma Center presents

▪ **Kindhearted Awareness: Insight Meditation Retreat**

With Rebecca Bradshaw, Insight Meditation Society

Choice of: March 30-April 1 or March 30-April 4, 2012

Grailville Retreat Center ▪ Loveland, Ohio

▪ ***Public Talk by Rebecca***

March 29, 2012 ▪ 8pm ▪ Yellow Springs Dharma Center

The practices of mindfulness and loving kindness help us to connect with and accept all experiences of life that arise in body, heart, and mind. Throughout this silent retreat, we will explore infusing mindfulness with kindness, discovering for ourselves a deeper sense of relaxation, clarity and peace. This two- or five-day retreat, held in silence with alternating periods of sitting and walking meditation, will include daily guided Vipassana and loving-kindness practice, evening talks, and opportunities to meet with the teacher. The retreat is appropriate for both new and experienced meditators. Although based in Buddhist teachings, the retreat is non-sectarian and complements any spiritual or religious practice.

Rebecca Bradshaw teaches at the Insight Meditation Society in Barre, MA, and at other locations in the United States and abroad. She is the guiding teacher of the Insight Meditation Center of Pioneer Valley in Easthampton, Massachusetts, and also works as a psychotherapist. Her teaching explores the convergence of love and wisdom.



Grailville is located in the rolling hills of southwest Ohio. Grailville's 300 acres include walking trails, woods, pastures, ponds, creeks, and labyrinths and provides a powerful setting for spiritual practice. Vegetarian meals will be provided.

▪ **For More Information** ▪

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

Registration

Registration Deadline: March 23, 2012

Retreat check-in: 4:30pm, March 30

Dinner Served: 6:30pm

Opening Talk: 7:30pm

Two day retreat through 4:00 pm Sunday, April 1 \$190
Additional for guaranteed single room \$60

Five day retreat through noon Wednesday, April 4 \$420
Additional for guaranteed single room \$150

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

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

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

**Checks Payable to Yellow Springs Dharma Center.
Balance due at retreat sign-in.**



Name: _____

Address: _____

Email: _____ **Phone:** _____

Retreat selection: (circle one)	Two day	Five day
Deposit with application:	\$60	\$125
Single room option:	Yes	No
Is this your first retreat?	Yes	No

Donations are welcome for Y S Dharma Center Scholarship Fund.