

Insight Meditation

is a simple technique which has been practised for over 2,500 years. The practice leads to the development of concentration, fearlessness, happiness and a loving heart. Derived directly from the teachings of the Buddha, it is open and accessible to people of any or no faith tradition, and its benefits for well-being are increasingly confirmed by scientific research.

The practice begins by calming the mind, usually through resting attention on the sensations of breathing. Through being present in each moment, our heart and mind can awaken to a depth of peace and clarity which allows grasping, judgement and fear to fall away. Through this deep understanding of the nature of experience, wisdom and compassion flow naturally, revealing an unconditioned and complete freedom in life and a genuine love for others, for oneself and for all that lives.

Each one-day retreat will be a day of sustained meditation and mindfulness, supported by an atmosphere of silence. All the retreats are suitable for adult beginners, as well as those with experience of meditation practice. The teacher will give clear instructions for beginning and developing meditation, and there will be a talk as well as the opportunity to ask questions. We ask that you commit to staying for the whole day.

ALL ARE WELCOME

We are committed to creating an inclusive retreat space. We welcome people irrespective of religious or political beliefs, ethnicity, class, sexual orientation, gender identity, age, ability and culture.

Retreat Programme 2017

DATE	TEACHER
4 th Feb	Chris Cullen
4 th March	Kirsten Kratz
1 st April	Jaya Rudgard
6 th May	Jake Dartington
10 th June	Chris Cullen
23 rd Sept	Catherine McGee
21 st Oct	Bhante Bodhidhamma
18 th Nov	Yanai Postelnik

Location: Old Headington Village Hall

Timing: 9.15am–5.00pm (*registration 9.15–9.45am*)

Cost: £10 to cover running costs (£5 concession, or whatever you can afford – no-one is ever turned away for lack of funds)

Please bring a vegetarian dish (no fish) to share for lunch in silence. If you wish to sit on the floor, bring a mat plus meditation stool or cushions. There are also plastic chairs for which you may want to bring cushions. Slippers or thick socks, and warm clothing, are advisable.

DANA/GENEROSITY

In the ancient tradition of dana, those who receive these priceless teachings may offer a donation to the teachers, who rely on this generosity to continue teaching, and so dana also benefits many others.

Teachers

Bhante Bodhidhamma started training in Soto Zen in 1977, then in the Mahasi Theravada tradition. In 1986 he ordained, subsequently spending eight years at Kanduboda Mahasi Meditation Centre in Sri Lanka. He has been teaching in England, Ireland and internationally since 1998. After four years as resident teacher at Gaia House, he founded in 2007 the Satipanya Buddhist Retreat in Wales, a meditation centre devoted to the Mahasi tradition.

Chris Cullen works as a Dharma teacher and psychotherapist. He trained to teach Insight Meditation with Christina Feldman. Chris co-founded the Mindfulness in Schools Project, and is on the teaching team at the Oxford University Mindfulness Centre, teaching mindfulness courses there and for MPs in Parliament.

Jake Dartington has practised Buddhist meditation since 1995. After training as a Dharma teacher with Christina Feldman, he started teaching in 2007. He has a background in Philosophy and Buddhist Studies and has trained as a teacher of MBSR/MBCT. Jake lives in Nottingham where he teaches mindfulness and Insight Meditation.

Kirsten Kratz has practised Buddhist meditation in Asia and the West since 1993 and started teaching in 2006. One of her particular passions is exploring how wisdom teachings can foster appropriate responses to the challenges of our time; she is co-initiator of the Dharma Action Network for Climate Engagement (DANCE), supports those on personal retreat in Gaia House, and teaches retreats with Sanghaseva combining Dharma practice and service.

Catherine McGee has practised and studied Buddhist meditation since 1991. She has been teaching Insight Meditation at Gaia House and internationally since 1997. Her teaching emphasises embodied practice and the integration and translation of our deepest understandings into our life. She is also a long-term student of the Diamond Approach of AH Almaas and an advisory teacher to One Earth Sangha.

Yanai Postelnik has practised and studied Insight Meditation and Buddhism since 1990 and has been teaching internationally for over 20 years. He is much inspired by the Thai forest tradition and the transformative power of the natural world. Yanai is a member of the Gaia House Teacher council.

Jaya Rudgard began meditating in 1985, and was ordained as a nun in the Thai Forest Tradition from 1996-2005 with Ajahn Sumedho as her main teacher. Jaya is a graduate of the four year Insight Meditation Society and Spirit Rock teacher training led by Jack Kornfield and Joseph Goldstein. She teaches retreats in the UK and overseas, mainly at Gaia House, IMS and Spirit Rock, as well as running a weekly sitting group in Oxford. She also teaches Mindfulness and Mindful Self-Compassion.

ADVANCE BOOKING ESSENTIAL

ONLINE BOOKING - To book online, go to:
www.oxford-gaia-house-2017.eventbrite.co.uk
You will receive an automated email confirming your booking.

POSTAL BOOKING – Complete the form below.

APPLICATION FORM

Please tick -

- | | |
|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> 4 Feb 2017 | <input type="checkbox"/> 10 June 2017 |
| <input type="checkbox"/> 4 March 2017 | <input type="checkbox"/> 23 Sept 2017 |
| <input type="checkbox"/> 1 April 2017 | <input type="checkbox"/> 21 Oct 2017 |
| <input type="checkbox"/> 6 May 2017 | <input type="checkbox"/> 18 Nov 2017 |

Name _____

Address _____

Telephone _____

Email (for email confirmation) _____

If you require postal confirmation of your booking, please enclose a stamped and self-addressed envelope.

Cost: £10 per day (concessionary rate £5.00)

Cheques or postal orders payable to:

Oxford Insight Meditation

Send your completed form and payment to:

Oxford Insight Meditation

Amy Bilderbeck

6 London Place

Oxford OX4 1BD

For further information (not to make a booking), or if you wish to book for someone under 18 years old, please phone Brigid on 01608 811940 (please call before 9pm). If you leave a message, please give a landline number as this helps to keep our costs down. If you have any health concerns you may wish to check with your GP before attending.

Getting to the retreats

PLEASE ALLOW PLENTY OF TIME TO ARRIVE so that you can get to the Hall between 9.15 and 9.45 for registration.

All retreats are held at
**Old Headington Village Hall,
Dunstan Road,
Oxford
OX3 9BY**

The Hall is wheelchair accessible. Please contact us if you need any support on the day to enable you to attend.

BY CAR, the Hall has limited parking spaces – please allow enough time to find alternative parking if necessary. There are some spaces further along Dunstan Road, or in Saxon Way.

BY BUS, there are frequent services running along London Road in Headington.

CANCELLATIONS

It is essential that you let us know as soon as possible if you have to cancel your place on a retreat. Otherwise, someone else may be turned away unnecessarily. To cancel a postal booking, please phone 07398145352 before 9pm. We'll refund your booking fee on request (less a charge of £1) if you cancel at least 24 hours before the retreat date (exceptions for emergencies). To cancel an online booking, visit www.oxford-gaia-house-2017.eventbrite.co.uk for more refund information.

*Oxford Insight Meditation is a not-for-profit
unincorporated association*

ONE-DAY MEDITATION RETREATS IN OXFORD

www.oxfordinsightmeditation.org

2017



with teachers associated with
G a i a H o u s e

*May all beings be happy
May all beings be free from suffering
May all beings live in peace*