

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 2018

DATE	TEACHER
27 Jan	Jake Dartington
10 March	Chris Cullen
21 April	Kirsten Kratz
2 June	Jaya Rudgard
21 July	Zohar Lavie
22 Sept	Mark Ovland
20 Oct	Bhante Bodhidhamma
1 Dec	Catherine McGee

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 trained in Soto Zen in 1977, then in the Mahasi Theravada tradition. 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.

Catherine McGee has been teaching Insight Meditation 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.

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.

Jaya Rudgard was ordained as a nun in the Thai Forest Tradition from 1996-2005 and is a graduate of the 4-year teacher training led by Jack Kornfield and Joseph Goldstein. She teaches retreats in the UK and overseas, as well as running a weekly sitting group in Oxford. She also teaches mindfulness and mindful self-compassion.

Kirsten Kratz has practised Buddhist meditation since 1993 and started teaching in 2006. One of her 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), and teaches retreats with SanghaSeva.

Mark Ovland began following the path of spiritual inquiry and service 10 years ago, first in the Indian monasteries of the Ramakrishna Order and later as a residential co-ordinator at both the Barn Retreat and Gaia House. A founding trustee of Freely Given Retreats and a co-initiator of the Dharma Action Network for Climate Engagement, he has been a student of Rob Burbea since 2010.

Zohar Lavie has been practising meditation in different traditions since 1995. This journey has led into exploring further ways of expressing truth and love and in 2004 she co-founded SanghaSeva. She now spends most of her time teaching silent retreats and Dharma gatherings that offer service as a spiritual path.

ADVANCE BOOKING ESSENTIAL

ONLINE BOOKING - To book online, go to:

oxford-insight-meditation-day-retreats-2018.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"/> 27 Jan 2018 | <input type="checkbox"/> 21 July 2018 |
| <input type="checkbox"/> 10 March 2018 | <input type="checkbox"/> 22 Sept 2018 |
| <input type="checkbox"/> 21 April 2018 | <input type="checkbox"/> 20 Oct 2018 |
| <input type="checkbox"/> 2 June 2018 | <input type="checkbox"/> 1 Dec 2018 |

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 & payment to:

(NOTE THE NEW ADDRESS!)

Amy Bilderbeck

Pivital Ltd

Manor House

Howbery Park

Wallingford OX10 8BA

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 oxford-insight-meditation-day-retreats-2018.eventbrite.co.uk for more refund information.

ONE-DAY MEDITATION RETREATS IN OXFORD

<http://www.oxfordinsightmeditation.org>

2018



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*