

## 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 2019

<b>DATE</b>	<b>TEACHER</b>
26 Jan	Chris Cullen
23 Feb	Jake Dartington
30 March	Jaya Rudgard
11 May	Venerable Canda
8 June	Catherine McGee
30 June ( <i>NOTE this is a Sunday</i> )	Anushka Fernandopulle
21 Sept	Kirsten Kratz
19 Oct	Bhante Bodhidhamma
23 Nov	Yanai Postelnik

**Lunch arrangements – PLEASE NOTE:** For 2019, we have changed our lunch arrangements, and ask each attendee to bring their own packed lunch.

**Location and timing:** Old Headington Village Hall, 9.15am–5.00pm (*registration 9.15–9.45am*)  
**Cost:** £10 to cover running costs (£5 concession, or whatever you can afford)

**What to bring:** Please bring a **packed lunch**. If you want to sit on the floor, you may wish to bring a mat, meditation stool, or cushions. There are plastic chairs, for which you may want to bring cushions. Consider bringing slippers, thick socks, and warm clothing.

**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

**Anushka Fernandopulle** has trained in Buddhist meditation for over 25 years, lives in San Francisco and teaches meditation around the globe. Her teaching is

informed by nature, creative arts, political engagement, and modern urban life.

**Bhante Bodhidhamma** trained in Soto Zen in 1977, then in the Mahasi Theravada tradition. He has been teaching internationally since 1998. After four years as resident teacher at Gaia House, he founded in 2007 the Satipanya Buddhist Retreat in Wales.

**Catherine McGee** has been teaching Insight Meditation since 1997. Her teaching emphasises embodied practice and the integration 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. Chris co-founded the Mindfulness in Schools Project, and is on the teaching team at the Oxford University Mindfulness Centre.

**Jake Dartington** has practised Buddhist meditation since 1995 and been a teacher since 2007. He has a background in Philosophy and Buddhist Studies and has trained as a teacher of MBSR/MBCT.

**Jaya Rudgard** was ordained as a nun in the Thai Forest tradition from 1996 to 2005 and is a graduate of the four-year teacher training programme led by Jack Kornfield and Joseph Goldstein. She teaches retreats in the UK and overseas, as well as running a 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.

**Venerable Canda** has been practising Insight meditation since 1996. In 2012, she joined the Dhammasara community in Perth, Western Australia, and took Bikkhuni ordination in 2014. In 2015 Ajahn Brahm asked Ven Canda to take steps towards establishing a monastery in the UK, to increase equality in practice and ordination opportunities for women.

**Yanai Postelnik** has studied Insight Meditation and Buddhism since 1990 and has been teaching internationally for over 20 years. He is inspired by the Thai Forest tradition and the transformative power of the natural world.

## ADVANCE BOOKING ESSENTIAL

**ONLINE BOOKING** - To book online, go to:  
[oxford-insight-meditation-day-retreats-2019.eventbrite.co.uk](http://oxford-insight-meditation-day-retreats-2019.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"/> 26 Jan 2019 | <input type="checkbox"/> 08 June 2019 |
| <input type="checkbox"/> 23 Feb 2019 | <input type="checkbox"/> 30 June 2019 |
| <input type="checkbox"/> 30 Mar 2019 | <input type="checkbox"/> 21 Sept 2019 |
| <input type="checkbox"/> 11 May 2019 | <input type="checkbox"/> 19 Oct 2019  |
|                                      | <input type="checkbox"/> 23 Nov 2019  |

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**

**P1vital 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, and 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 07398 145352 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-2019.eventbrite.co.uk](http://oxford-insight-meditation-day-retreats-2019.eventbrite.co.uk).

*Oxford Insight Meditation is a Registered Charity,  
number 1175855*

# ONE-DAY MEDITATION RETREATS IN OXFORD

<http://www.oxfordinsightmeditation.org>

**2019**



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*