

## Insight Dialogue Meditation Retreat 2012

**Open Heart**  
**True Wakefulness****Insight Dialogue and Relationship**

After an inspirational visit to New Zealand and Australia in 2011, Mary and Sharon return in 2012 to offer this wonderful practice on a 7 day retreat at Te Moata Retreat Centre, Coromandel Peninsula.

Receiving the joys and sorrows of friendship and intimacy is central to this conditioned human experience. Bringing these ever changing relationships into a path of unbinding, however, requires us to cultivate qualities of heart and mind that rest beneath the conditioned layers of self and other, judgment and expectation. This meditation retreat will explore the relational elements of the Buddha's teachings, with meditations, teachings and contemplations that offer a closer look at good friendship, intimate relationship, and the qualities of noble companionship. With wise understanding, wholesome intention and faithful practice, we can greet what arises - even what is difficult - and can make choices guided by love and wisdom.

Insight Dialogue is an interpersonal meditation form, based in Vipassana. It expands solitary meditation by extending the mindfulness, wisdom, and compassion of silent practice into speaking and listening in contemplation with others. This retreat focuses on learning and practicing Insight Dialogue. There will be times of silent practice, walking meditation, and mindful movement interwoven with periods of structured Insight Dialogue in which we contemplate Buddhist teachings on relationship in dialogue with one another.

Because Insight Dialogue is an intensive meditation practice which builds upon our established personal practice, previous meditation experience is highly desirable.

**Teachers:** **Sharon Beckman-Brindley** is a co-founder and guiding teacher of the Insight Meditation Community of Charlottesville, Virginia. She is a senior teacher of Insight Dialogue and has studied and practiced intensively with Gregory Kramer since 2001. She is a graduate of the Community Dharma Leaders program at Spirit Rock Meditation Centre. A clinical psychologist, she has taught Vipassana Meditation as well as its application to psychotherapy for over 15 years.



**Mary Burns** is a senior teacher of Insight Dialogue. She leads retreats worldwide and also offers online teachings through the Metta Foundation. A long time student of meditation and yoga, Mary has taught Mindfulness Based Stress Reduction for many years. She is a licensed clinical social worker who has studied and practiced for 30 years at the intersection of western and eastern healing traditions.

**Venue:** Te Moata Retreat Centre, Coromandel Peninsula

**Schedule:** February Sat 11<sup>th</sup>—Sat 18<sup>th</sup>. Starts 2 pm

**Cost:** \$470 food and lodging, plus dana for the teachers