



Insight Dialogue

Opening to Life as it is

A One Day Retreat in the City



Saturday 25th Feb. 9.30am–6pm
Level 1, 60 Ghuznee St,
Central Wellington

Insight Dialogue is an interpersonal meditation form, based in vipassana (insight meditation). It expands solitary meditation by extending the mindfulness, wisdom, and compassion of silent practice into speaking and listening in contemplation with others. Through practice, we will see directly and clearly how confusion and ignorance sustain both personal and interpersonal suffering.

We will practice metta – allowing our hearts and minds to open unconditionally to life and experience just as they actually are. As awareness deepens, we can experience for ourselves the profound Buddhist teachings on suffering and its cessation.

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 while speaking and listening with one another.

Teachers:



Sharon Beckman-Brindley is a co-founder and guiding teacher of the Insight Meditation Community of Charlottesville, Virginia, USA. 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.

Contact Caz Sheldon 021 111 0373 caz@buzz.net.nz
(or Lucy Schwabe 021 212 3857 between 10 and 22 Feb)

Please contribute \$50 to costs, and a gift of dana to teachers