



EXPERIENCE **the POWER**  
of **MEDITATION**

**A SPECIAL OPPORTUNITY for  
LONG-TERM RETREAT PRACTICE  
for PEOPLE OF COLOR**

Join us at IMS for our  
**2013 Three-Month Retreat  
(or a 6-week partial)**

This three-month course, including its six-week partials, is a unique time for practice. Because of its extended length and ongoing guidance, it is a chance for retreatants to deepen the powers of concentration, wisdom and compassion. Based on the meditation instructions of Mahasi Sayadaw and supplemented by a range of skillful means, this retreat will encourage a balanced attitude of relaxation and alertness, and the continuity of practice based on the Buddha's Four Foundations of Mindfulness.

**Funding** for this retreat opportunity is made possible by a generous grant from the Frederick P. Lenz Foundation For American Buddhism. The Lenz Foundation is partnering with IMS in an effort to foster a more diverse community of meditation practitioners and to develop more leaders of color across the American Buddhist landscape.

**Retreat Dates:** September 10 – December 3, 2013. (Part 1 ends and Part 2 begins on October 22.)

**Prerequisite:** Two retreats of a week or more with a recognized insight meditation teacher, or special permission.

**Cost:** Participants of color can establish their own rate, at or above \$15 per night. This translates to a minimum fee of \$630 for the six weeks of Part 1 or Part 2, or \$1,260 for three months.\* This is significantly less than our base retreat fee of \$2,420 for six weeks or \$4,840 for three months.

**Registration** will open September 10, 2012. Please email [registration@dharmadharma.org](mailto:registration@dharmadharma.org) after this date to request this rate – space will be available on a first-come, first-served basis.

\*Please note that if this rate is still prohibitive, we encourage registration nevertheless – we will do our best to support anyone interested. If you can afford more, we ask you to consider a higher daily rate – this will allow more people of color to receive this funding.

**INSIGHT MEDITATION SOCIETY**

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