

INSIGHT

MEDITATION SOCIETY

**SPRING / SUMMER
2010**

IMS Program Schedules:

- *The Retreat Center 2010*
- *The Forest Refuge 2010/2011*

1230 PLEASANT STREET • BARRE MA 01005 • WWW.DHARMA.ORG

2010 Retreat Center Schedule

Dates	Length	Course Title	Teachers	Code
Apr 8-Apr 11	3 days	<i>The Platform of Joy: Insight Meditation Weekend</i>	Sharon Salzberg & Mark Epstein with Éowyn Ahlstrom (<i>Yoga</i>)	WB
Apr 15-Apr 18	3 days	<i>The Wisdom of Letting Go: Insight Meditation Weekend</i>	Annie Nugent & Sky Dawson	WAN
Apr 20-Apr 25	5 days	<i>The Power of Presence: Insight Meditation Retreat</i>	Rebecca Bradshaw & Pascal Auclair with Éowyn Ahlstrom (<i>Yoga</i>)	RB
Apr 30-May 9	9 days	Monastic Retreat	Ajahn Amaro, Ajahn Punnadhammo & Gloria Taraniya Ambrosia	MR
May 14-May 19	5 days	<i>Sacred Longing: The Transformation of Desire</i>	Trudy Goodman, Gina Sharpe, Lila Kate Wheeler & Chas DiCapua	TG
May 21-May 23	2 days	<i>Awakening the Body, Heart and Mind: Insight Meditation Weekend</i>	Ajahn Thanasanti & Gina Sharpe	WAT
May 28-Jun 4	7 days	<i>Loving Friendliness: Metta Retreat</i>	Michele McDonald, Rebecca Bradshaw & Greg Scharf with Éowyn Ahlstrom (<i>Yoga</i>)	MM1
Jun 4-Jun 13	9 days	<i>Liberation of Mind and Heart: Insight Meditation Retreat</i>	As above	MM2
May 28-Jun 13	16 days	Metta & Insight Meditation Retreat	As above	MM3
Jun 14-Jun 20	6 days	People of Color Retreat ** ^	Joseph Goldstein, Gina Sharpe & Larry Yang	POC
Jun 24-Jun 28	4 days	Teen Retreat	Rebecca Bradshaw & Chas DiCapua with Jean Esther & Ed Hauben	TR
Jul 1-Jul 6	5 days	Family Retreat	Ajahn Kusalo, Pascal Auclair, Deborah Ratner Helzer & Dori Langevin	FAM
Jul 9-Jul 16	7 days	<i>The Art of Mindful Living: Insight Meditation Retreat for Experienced Students</i>	Larry Rosenberg & Matthew Daniell	LR2
Jul 18-Jul 25	7 days	<i>Mindfulness, Insight, Liberation: Insight Meditation Retreat</i>	Christina Feldman & Rodney Smith	CF
Jul 28-Aug 4	7 days	<i>Investigating Life: Insight Meditation Retreat for 18-32 Year Olds ^</i>	Rebecca Bradshaw, Chas DiCapua, Amita Schmidt, Pascal Auclair & Jesse Maceo Vega-Frey	YA
Aug 6-Aug 15	9 days	<i>Insight and the Art of Equanimity</i>	Steve Armstrong, Kamala Masters & Sky Dawson	SK
Aug 20-Aug 27	7 days	<i>Your Life is Your Practice: Insight Meditation Retreat</i>	Narayan & Michael Liebenson Grady & Maddy Klyne with Éowyn Ahlstrom (<i>Yoga</i>)	NMLG
Aug 27-Aug 29	2 days	<i>Your Life is Your Practice: Insight Meditation Weekend</i>	Narayan & Michael Liebenson Grady	WNN
Sep 3-Sep 6	3 days	Labor Day Weekend	Ruth Denison	WRD
Sep 11-Dec 4	84 days	Three-Month Retreat	Joseph Goldstein	3MO
Sep 11-Oct 23	42 days	Part 1	Carol Wilson, Guy Armstrong, Sally Clough Armstrong & Sky Dawson	PT1
Oct 23-Dec 4	42 days	Part 2	Rebecca Bradshaw, Annie Nugent, Greg Scharf & Andrea Fella	PT2
Dec 10-Dec 17	7 days	<i>Insight Meditation and the Heart</i>	Rodney Smith & Narayan Liebenson Grady with Éowyn Ahlstrom (<i>Yoga</i>)	RN
Dec 17-Dec 19	2 days	<i>Meditating with a Light Heart: Insight Meditation Weekend</i>	Gloria Taraniya Ambrosia	WT
Dec 28-Jan 6, 2011	9 days	<i>Embodying the Heart of Wisdom: New Year's Retreat</i>	Yanai Postelnik, Eugene Cash, Catherine McGee & Pamela Weiss	NY



Sliding Scale Fees*

Deposit	SUSTAINING	MID	BASE	SCHOLARSHIP*
\$230 **	\$325	\$280	\$230	\$90
\$230 **	\$325	\$280	\$230	\$90
\$180	\$540	\$435	\$330	\$150
\$50	\$970	\$755	You Choose *	N/A
\$180	\$540	\$435	\$330	\$150
\$180 **	\$215	\$200	\$180	\$60
\$180	\$755	\$585	\$415	\$210
\$180	\$970	\$755	\$535	\$270
\$180	\$1,730	\$1,345	\$955	\$480
\$50	\$650	\$515	You Choose *	N/A
\$290	\$430	\$360	\$290	\$120
(Adult) \$180	\$605	\$545	\$440	\$150
(Child) \$180	\$305	\$280	\$205	\$150
\$180	\$755	\$585	\$415	\$210
\$180	\$755	\$585	\$415	\$210
\$50	\$755	\$585	You Choose *	N/A
\$180	\$970	\$755	\$535	\$270
\$180	\$755	\$585	\$415	\$210
\$180 **	\$215	\$200	\$180	\$60
\$230 **	\$325	\$280	\$230	\$90
\$750	\$9,070	\$6,655	\$4,450	\$2,520
\$375	\$4,540	\$3,385	\$2,230	\$1,260
\$375	\$4,540	\$3,385	\$2,230	\$1,260
\$180	\$755	\$585	\$415	\$210
\$180 **	\$215	\$200	\$180	\$60
\$180	\$970	\$755	\$535	\$270

* **Fees** for most Retreat Center courses do not include compensation for the teachings. There is an opportunity to offer donations to the teachers and to IMS at the end of each retreat.

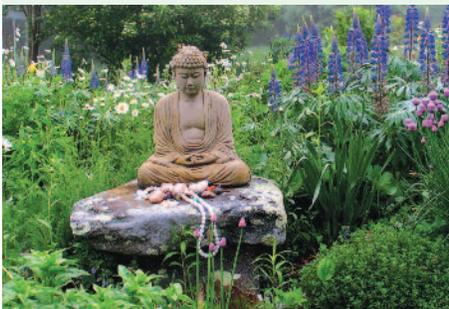
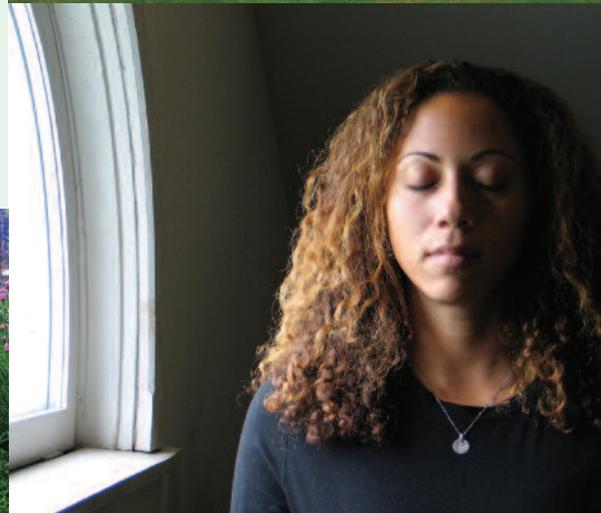
+ **Scholarships** are awarded on a first-come, first-served basis. **Paying a scholarship rate above the listed amount helps IMS offer financial assistance to more people.**

++ For weekend retreats, payment in full is required on registering.

• ‘You Choose’ means that you can establish your own course fee, based on your financial means. **A minimum of \$10 per day is required.**

oo **Free bus transportation** is offered between New York City and IMS on a first-come, first-served basis for this retreat.

^ This retreat is supported in part by a grant from the Frederick P. Lenz Foundation For American Buddhism.



Retreat Center Registration Form

Mail your completed form to IMS, 1230 Pleasant Street, Barre MA 01005, USA. To register online and for ride sharing information, please visit www.dharma.org

Course code _____ Visit dates: From _____ To _____ Deposit \$ _____ Sliding scale amount you pay \$ _____

Name _____ Address _____

City _____ State _____ Country _____ Zip _____ Check if new address

Old address _____ Email _____

Phone _____ Cell _____ Year of birth _____ M F Have you been to IMS before? YES NO

Do you smoke? _____ Do you snore? _____ Please indicate any physical disabilities or special needs to assist us in assigning your room: _____

Retreat experience (for LR2, 3MO, PT1 & PT2 courses). Please list teacher names, dates, course length and locations. *(Attach extra paper if necessary.)*

I wish to apply for a scholarship

- Please send me an application form
- I have downloaded the form already

I wish to receive my confirmation packet

- by email
- by postal mail

Do you wish to receive our mailings?

- YES NO

May we share your address with similar organizations?

- YES NO

Do you wish to be on our emailing list?

- YES NO

May we share your email address with similar organizations?

- YES NO

I am including \$ _____ as a donation to IMS.

I am paying by   My check is enclosed for \$ _____

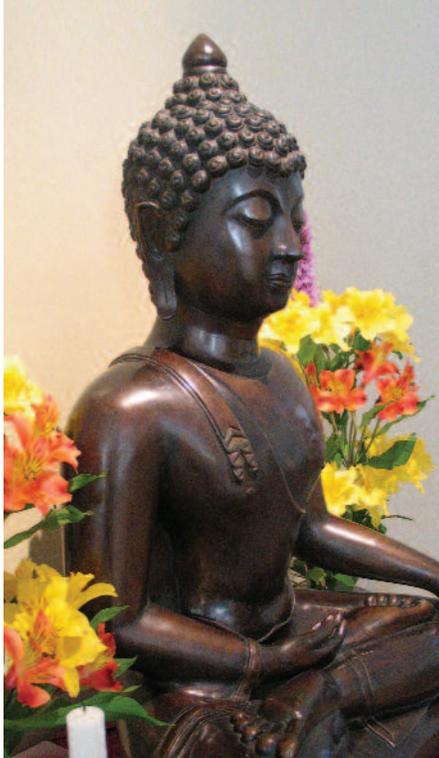
Credit card # 3-digit verification code

Expiration date _____ / _____ Exact name on credit card _____

Total amount to charge credit card \$ _____ Cardholder signature _____

Retreat Center Registration Information

- Our sliding scale fee structure allows you to pay according to your means. Any amount paid above the Base rate is a tax-deductible donation.
- All retreats require a deposit on registering. Deposit and fee amounts are listed beside each course on the Retreat Center Schedule.
- We will advise you of your course status within two weeks of receiving your registration.
- All participants are expected to stay for the duration of the retreat. The full course fee will be charged, regardless of length of stay.
- If a course is full, you will be placed on a wait list. If an opening occurs, you will be confirmed into the course and notified. If you do not accept, a cancellation fee will apply. If no opening occurs, your deposit will be refunded.
- Please contact us as soon as possible if you need to cancel. Fees are: \$50 if you cancel four or more weeks before a course begins. Your full deposit is forfeited after that. (For weekend retreats, cancellation fees are \$50/\$125. For courses with a 'You Choose' rate option, cancellation fees are \$25/\$50.) *The cancellation policy for the Three-Month Retreat is more stringent.*
- All cancellation fees support our Scholarship Funds.





The Forest Refuge

Phone: 978-355-2063

Fax: 978-355-4307

fr@dharma.org

General Information

For experienced practitioners, a personal retreat at the Forest Refuge is an opportunity to discover an intuitive practice rhythm, and to strengthen faith and self-reliance. Stays range from seven nights to a year or more. For those interested, there is an application process – visit our website or contact us for more information.

Sliding scale fees for 2010 are outlined in the box on the next page. For those who cannot afford the entire cost, a limited number of ‘You Choose’ fee spaces are available for stays of fourteen nights or more. Fees for 2011 are not yet established.

A deposit of approximately one-third of your retreat cost is due once your application has been approved. (If you register for a 2011 retreat, the deposit will be calculated based on 2010 rates until 2011 fees are set.) If you need to cancel, fees are: \$100 (or full deposit if less than this was paid) for notice given more than 60 days before your retreat begins. Your full deposit is forfeited after that.

Forest Refuge Teaching Schedule

2010

<i>April 1 – April 30</i>	Joseph Goldstein & Myoshin Kelley
<i>May 1 – May 31</i>	Joseph Goldstein & Greg Scharf
<i>June 1 – June 30</i>	Sayadaw U Vivekananda *
<i>July 1 – July 14</i>	Susan O'Brien & Greg Scharf
<i>July 15 – July 31</i>	Annie Nugent & Susan O'Brien
<i>August 1 – August 31</i>	Gloria Taraniya Ambrosia & Annie Nugent
<i>September 1 – September 30</i>	Myoshin Kelley & Phillip Moffitt
<i>October 1 – October 31</i>	Ven. Ariya Ñani & Marcia Rose
<i>November 1 – November 30</i>	Susan O'Brien & Sky Dawson
<i>December 1 – December 31</i>	Myoshin Kelley & Sky Dawson

2011

<i>January 1 – January 31</i>	Gloria Taraniya Ambrosia & Sky Dawson
<i>February 1 – February 28</i>	Annie Nugent & Sky Dawson
<i>March 1 – March 31</i>	Susan O'Brien & Sky Dawson
<i>April 1 – April 30</i>	Myoshin Kelley & Greg Scharf
<i>May 1 – May 31</i>	Gloria Taraniya Ambrosia & Sky Dawson
<i>June 1 – June 30</i>	Annie Nugent & Sky Dawson
<i>July 1 – October 31</i>	Pa Auk Sayadaw *
<i>November 1 – November 30</i>	Carol Wilson & Sky Dawson
<i>December 1 – December 31</i>	Rebecca Bradshaw & Sky Dawson

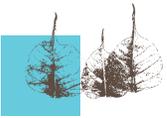
2010 Sliding Scale Fees (per night)

LENGTH OF STAY	SUSTAINING	MID	BASE
7-21 nights	\$108	\$90	\$71
22-30 nights <i>(effective from 1st night)</i>	\$108	\$84	\$60
31-90 nights <i>(effective from 31st night)</i>	\$108	\$81	\$53
More than 90 nights <i>(effective from 91st night)</i>	\$108	\$70	\$31

* Participants are expected to follow Sayadaw's schedule and instructions, which include observance of the eight monastic precepts.

A self-sustaining practice is necessary to undertake a Forest Refuge retreat.

The teaching schedule may change without notice. It is our intention that retreatants will have the opportunity to practice with a variety of experienced and well-qualified insight meditation teachers.



INSIGHT MEDITATION SOCIETY

1230 Pleasant Street • Barre MA 01005

Non-profit Org.

U.S. Postage

PAID

Permit No.2

Worcester, MA

*IMS is a spiritual refuge for all
who seek freedom of mind and heart.
We offer meditation retreats rooted
in the Theravada Buddhist teachings
of ethics, concentration and wisdom.
These practices help develop awareness
and compassion in ourselves, giving
rise to greater peace and happiness
in the world.*

IMS operates two meditation facilities – the Retreat Center and the Forest Refuge. The Retreat Center offers a yearly schedule of meditation courses lasting from a weekend to three months. The Forest Refuge is specifically designed to support the practice of more experienced meditators.

If you would prefer to read this schedule online, please email newsletter@dharma.org and we will stop sending you the print version.