

An Insight Meditation Retreat

*led by
John Teasdale & Christina Feldman*

*For MBSR & MBCT teachers
and
professionals using mindfulness-based approaches*

*18-22th April 2011
BELGIUM*



The Teachers

Christina Feldman is a co-founder of Gaia House in Devon and a guiding teacher of the Insight Meditation Society in Barre, Massachusetts. She has been leading insight meditation retreats since 1976 and is the author of a number of books including *Woman Awake*, *Silence*, *The Way of Meditation* and *Compassion*.

John Teasdale is a clinical psychologist who, since 1992, has been involved in the development, teaching and evaluation of mindfulness-based clinical applications, particularly mindfulness-based cognitive therapy (MBCT). He also has a longstanding personal practice of insight meditation. He has co-authored a number of books including *Mindfulness-based Cognitive Therapy for Depression*.

Insight meditation (vipassana) is the simple and direct practice of moment to moment mindfulness. Through careful and sustained observation of the mind/body process and all the ways we engage with a changing world, we learn to cultivate a deeper calm and equanimity in the midst of pleasure and pain, fear and joy, sadness and happiness. As insight deepens, wisdom and compassion increasingly become the guiding principles of our lives.

This retreat offers the opportunity for teachers of Mindfulness-Based Stress Reduction and Mindfulness Based Cognitive Therapy, and others connected with the field of mindfulness-based interventions in medicine and psychology, to extend and deepen their own personal experience of mindfulness meditation which is a core requirement for using these approaches.

The retreat is for professionals who are using mindfulness-based approaches within their work and it is suitable for those new to meditation as well as those with experience.

Its aim is to provide an opportunity to develop personal meditation practice as an underpinning to work with mindfulness-based approaches and so there will not be a focus on specific clinical skills.

Practical information

This retreat will primarily be held in silence with a full daily schedule of sitting and walking meditation practice, interviews, daily talks, meditation instruction and group dialogues. A typical day begins at 6:30 am and finishes at 9:30 pm.

Please bring your cushions & mat for the sitting meditation.

Times

The event will start on *Monday 18 April* with an orientation session at 5.00 pm, followed by evening meal at 6pm and the first session of the retreat itself commencing at 7.00pm. We encourage you to arrive early to give yourself plenty of time to settle.

The last session of the retreat will end after lunch (served at 1pm) on *Friday 22th*.

Fee

€ 650 for students on the professional Mindfulness training programme at IAM (Belgium) or See True (Holland) fully inclusive for retreat and full accommodation in a double room and who are registered for phase 4.

€ 750 for others, fully inclusive for retreat and full accommodation in a double room
€ 125 extra for single rooms (there are a limited number of single rooms available)

Registration

Contact the Center for Mindfulness & Mind/Body Medicine in Belgium.

Mail in a few lines your interest and experience to Dr. David Dewulf, dd@mindbody.be.

For more information visit www.mbsr.be or www.aandacht.be.

Tel 32 4 9494 6060

The number of places is limited.

Accommodation and Location

www.mbsr.be

DE KLUIZERIJ
AALSTERSEDREEF 1
1790 AFFLIGEM (10 minutes from Brussels!) BELGIUM

E40 Gent-Brussel. Take exit 19: Affligem.

Then follow the road towards Hekelgem, straight ahead towards the Church. (At the roundabout keep to the right and take the tunnel)

After the church, take the second street to the right. Straight ahead until you reach the big road Aalst-Brussels. Cross this road and follow direction "Abdij van Affligem". Drive past the "Abdij van Affligem" (of the priests) and then take the first road left that goes downhill. This is the 'Aalsterse dreef'. After more or less 1 kilometer you will see the buildings of De Kluizerij and the abdij Maria Mediatrix on your left.



Annuleringsvoorwaarden

Tot 4 weken voor de training (workshop) kunt u uw inschrijving met rest kosteloos annuleren. In geval van annulering tussen 4 en 2 weken voor de aanvang, rekenen we een annuleringsvergoeding aan van 15%. Bij annulering tussen 2 weken en 2 dagen voor de start, bedraagt de vergoeding 30%. Bij annulering in de 2 laatste dagen bent u ons het volledige bedrag sowieso verschuldigd en is er dus geen terugbetaling mogelijk. U kunt zich wel te allen tijde laten vervangen door een andere persoon, indien ons dit vóór aanvang van de opleiding wordt gemeld en deze persoon naar oordeel van de trainer aan de aanmeldingscriteria voldoet. Aan een dergelijke vervanging zijn geen kosten verbonden. Vervanging na de start van de training is niet toegestaan.

Het voorschot van €50 kan bij annulatie niet worden teruggevorderd.

Namasté