



Insight Dialogue with Gregory Kramer

Two retreats are offered:

All participants: 4 days – Thursday, May 15, 7:30 p.m. to Monday, May 19, after lunch (12 midday).

Experienced meditation practitioners only**: 9 days – Monday, May 5, 7:30 p.m. to Wednesday, May 14, after lunch (12midday).

Venue:

Hartzer Park Bowral
This venue can be reached by train and parking is available onsite.

Gregory Kramer (USA) will be leading Insight Dialogue retreats in the Sydney region.

The next Insight Dialogue retreats will take place in May 2008, in Bowral, just south of Sydney. As in previous years, they will be conducted by Gregory Kramer, a long-term insight meditation practitioner and teacher from the US.

Insight Dialogue practice supports us to bring the mindfulness and tranquillity of traditional silent meditation practice into our interactions with others. This mindfulness in interaction enables insight into micro-moments of experience. We apprehend the thoughts and emotions that affect how we act and who we think we are. We perceive and understand things that are normally overlooked in the busy-ness of life. Deeper insight and ease then flow into our everyday lives.

(continued...)

Retreat Application Form - Please return completed to:

Sydney Insight Meditators, PO Box 365, Chatswood NSW 2067

Name: Email:

Address: Phone:

..... Mobile:

..... Postcode:

I will be attending the retreat: Four Day Beginner's Nine Day Experienced

(Participants must commit to the full retreat period of each retreat. Part attendance is not possible)

Please read notes regarding payments on the reverse

Cost:

4-day - \$395.00

9-day - \$780.00

Make a deposit as soon as possible to secure a place.

The full balance should be deposited by April 18 2008.

Cancellations: Full refund until April 18 2008.

What to Bring:

Soap and other toiletries, warm and cool clothes for changeable weather. Linen and towels provided

Further Information:

Constance Ellwood
(02)9518 6367 or 0418226173
konstanza [at] gmail.com
contact [at] siminc.org.au

***For the purposes of this retreat, experienced meditation practitioner is defined as someone who:*

1) has had an established home meditation practice for at least one year; and 2) has attended at least one 9-day silent retreat or at least two retreats of five days or more.

Prior experience of Insight Dialogue is not a requirement.

Through silent meditation, guided meditation, and communicative practice—in pairs, small groups, and in the larger group—we can access a deeper awareness of the internal and external phenomena accompanying interaction. These ‘extra-ordinary’ meditative practices of deep listening teach us how to bring mindfulness into ‘ordinary’ communication. They also open the door to tranquillity and transformative insight.

The retreats can be of benefit to both beginners and long-time meditators and to anyone wanting to enhance personal and professional listening capacities.

About the Teacher

Gregory has been teaching Vipassana and loving-kindness meditation since 1980. During this time he developed the Insight Dialogue practice. He is a visiting faculty member at Barre Centre for Buddhist Studies in Massachusetts, holds a PhD in ‘Learning and Change in Human Systems’, is the father of three sons, and lives with his wife in Oregon. Further information: www.insightdialogueaustralia.org & www.metta.org.

About the Venue

The venue is quiet, in a semi-rural area with large grounds for walking. Accommodation is in heated single rooms. Parking is available onsite.

Dana:

(Generosity practice) In keeping with the Buddhist tradition that Dharma teachings are priceless, fees do not include payment to the teacher. Retreatants will have an opportunity during the retreat to practise generosity through a donation to the teacher, in support of the teachings.

Making Payments to SIM:

By Electronic Payment (preferred): Either through your internet banking or in any NAB Branch using the account details below and ensuring you CLEARLY IDENTIFY YOUR PAYMENT as described below.

By Cheque: Payable to ‘Sydney Insight Meditators Inc’

Post to: Sydney Insight Meditators, PO Box 365, Chatswood NSW 2067

Account Name: Sydney Insight Meditators Inc, National Australia Bank

Account Number: 588851681 **BSB:** 082-289

Identifying Your Payment: SIM receives many payments and those not clearly identified can become lost or confused. We therefore ask you to quote the booking code **ID08** and combine it with your name, for any internet or branch payment. For example: **ID08 - John Smith**. If your internet banking does not allow this, you must email us immediately when you make a payment with as much information as possible, including date and time - contact@siminc.org.au