



INSIGHT MEDITATION RETREAT

“Walking the path of love and wisdom”

Offered by The Yellow Springs Dharma Center

<http://www.ysdharma.org/>

Choice of May 4-11 or May 4-6, 2018 at the Jesuit Spiritual Center in Milford, Ohio

**With Rebecca Bradshaw, Insight Meditation Society
Assisted by: Candace Cassin and Jessica Morey**



Walking the path of love and wisdom: The Buddha described an integrated spiritual path leading to deep happiness and peace. In this retreat, we will explore the Noble Eightfold Path, including a grounding in ethics and living from our deepest values, techniques and practice in training the mind and heart in mindfulness and loving kindness, and the development of wisdom. Each day will include sitting and walking meditation, instructions in mindfulness and loving kindness practice, talks about the teachings, optional afternoon yoga, and meetings and discussions with the teacher. This week-long silent retreat will give you the opportunity to connect deeply with yourself and with life itself.

Rebecca Bradshaw is a Guiding Teacher at Insight Meditation Society in Barre, MA, and the Guiding Teacher of the Insight Meditation Center of Pioneer Valley, MA. She has been teaching since 1993 in the US and abroad. Rebecca has a master’s degree in Counseling Psychology and is a Licensed Mental Health Counselor. She has been teaching the annual residential Vipassana retreat with the Yellow Springs Dharma Center since 2006.

Candace Cassin has been practicing Vipassana since 1983. She currently teaches at the Insight Meditation Center of the Pioneer Valley. She has worked in the disability and hospice fields, and has assisted Rebecca on this retreat for the past two years.

Jessica Morey is the Executive Director of Inward Bound Mindfulness Education, a nonprofit organization offering mindfulness meditation retreats for teens, young adults and parents, as well as professionals who work with teens.

The Jesuit Spiritual Center of Milford, Ohio is located north of Cincinnati. Our retreat will be located in the Arrupe Building on beautiful grounds next to the Little Miami River. Vegetarian meals will be provided, and all rooms are single.

For More Information:

Email vipassana@ysdharma.org or call Linda at (937) 572-9077