

A Weekend Introduction to Insight Dialogue

with
Gregory Kramer & Tuere Sala

Friday, November 1, 7 – 9 pm &
Saturday, November 2, 9:30 – 4:30 pm,
2019

Red Cedar Dharma Hall
1021 N. Forest St. Bellingham, WA



The Teachers:

Gregory Kramer is the Founding Teacher of Metta Programs and has been teaching Insight Meditation since 1980. He developed the practice of Insight Dialogue and has been teaching it since 1995, offering retreats in North America, Asia, Europe, and Australia. He has studied with esteemed teachers, including Anagarika Dhammadiina, Ven. Balangoda Ananda Maitreya Mahanayaka Thero, Achan Sobin Namto, and Ven. Punjabi Maha Thero. Gregory is the author of : *Insight Dialogue: The Interpersonal Path to Freedom* (Shambhala), *Seeding the Heart: Practicing Lovingkindness with Children*, *Meditating Together*, *Speaking from Silence: the Practice of Insight Dialogue*, and *Dharma Contemplation: Meditating Together with Wisdom Texts*

Tuere Sala, one of the guiding teachers at the Seattle Insight Meditation Society, is a retired prosecuting attorney who has practiced Vipassana meditation for over 25 years. Tuere believes that urban meditation is the foundation for today's practitioner's path to liberation. She is inspired by bringing the Dharma to nontraditional places and is a strong advocate for practitioners living with high stress, past trauma and difficulties sitting still. Her teachings reflect an approach to Dharma that is both easy to follow and understand – making it accessible to everyone.

The Topic: Insight Dialogue is an interpersonal meditation practice that brings the mindfulness and tranquility of traditional silent meditation into our experience with others. Each independent session runs from Friday evening through Saturday afternoon and will be held in a container of silence. In addition to Insight Dialogue practice, there will also be periods of walking and silent meditation. While previous meditation experience is helpful, it is not required. Both new and experienced Insight Dialogue practitioners are warmly welcome. For additional information see www.metta.org.

Cost: \$25.00 There is also an opportunity to offer dana (donation) for Greg and Tuere.

Please note that no one will be turned away for lack of funds.

REGISTRATION FORM

Insight Dialogue – a non-residential meditation retreat November 1st & 2nd, 2019

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/Postal Code _____

Email Address (used to confirm and mail any necessary info) _____

Check all that apply:

I am enclosing a check or money order for \$25, U.S. Funds only .	
I would like to contribute to BIMS scholarship fund. Amount: _____	

Cushions: The Red Cedar Dharma Hall has many cushions, mats & sitting benches, though you may bring your own if you prefer. Also, there are many chairs available.

Payment: Make checks payable to ***BIMS (Bellingham Insight Meditation Society)***.
Send check and completed form to the registrar:

Michelle Milke
3700 Alabama St, #201
Bellingham, WA 98229

Email: BIMSretreats@gmail.com

Confirmation: A confirmation letter with additional information, including directions to the Hall, will be emailed (or posted) to you after your registration form and check have been received.

Early registration is appreciated – thank you!

For registrar use only:

Registrar record: Check # _____ Check Amt \$ _____ Scholarship amt. awarded \$ _____

Retreat Fee Paid \$ _____ Contribution to scholarship fund \$ _____ Date rec'd _____

Confirmation sent _____