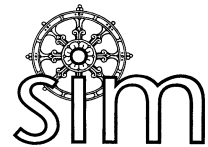


*STICHTING INZICHTS
MEDITATIE
(Dutch Foundation for Insight Meditation)*



Invitation

**to participate in a
Vipassana Meditation Retreat**

From Friday 23rd till Friday 30th March 2012

with **Charles and Patricia Genoud**

at International Theosophical Centre, Naarden, the Netherlands

Programme

The retreat starts on Friday 20.00 h and will finish a week later around lunch time. The retreat takes place at the pleasantly situated International Theosophical Centre in Naarden, the Netherlands, and will be guided by Charles and Patricia Genoud from Geneva. The main language will be English. The programme involves sitting and walking meditation, meditation instructions, dharma talks and interviews.

Teachers

Guidance and teaching is given by the Genoud couple.

Patricia Genoud-Feldman

Patricia has practiced Tibetan meditation with Dilgo Khyentse Rinpoche and Vipassana meditation from 1984 under the guidance of U Pandita Sayadaw in Burma. She became qualified as a teacher at the 'Insight Meditation Society' in Barre (USA) under Joseph Goldstein. Patricia regularly leads Vipassana meditation retreats at Barre but also 'Insight Dialogue' retreats in and outside Europe. In her teachings, ample attention is given to Metta and the other Brahmavihara's.

Charles Genoud

Charles has studied and practiced Tibetan Buddhism from 1970. He was also a pupil of Dilgo Khyentse Rinpoche and has been a translator for Geshe Rabten. Charles has practiced Vipassana meditation in Burma and the USA, and in recent years practices under guidance of Ashin Tejaniya in Burma. He leads Vipassana retreats in and outside Europe. Charles has developed a unique method with regard to the mindfulness of the senses, the gesture of awareness. In his approach of Vipassana, the emphasis is on non-duality.

Because of their original approach, the Genouds are invited to lead retreats in many places. The couple live in Geneva, where they have created the centre 'Vimalakirti'. Charles is the author of: "Gesture of Awareness" and "La non-histoire d' une illusion".

Application and Costs

The costs of the retreat are €395 for a double bedroom and €445 for single accommodation. When many participants apply for single accommodation, however, applicants may be asked to share double bedrooms. If the costs present a possible obstacle for application, one is requested to contact: +31 594 628348 or +31 10 4672952.

Application is completed by filling in the form (see below) and sending it to: Robbert Thijssen: drlaser12@hotmail.com , tel: +31 24 3568341 or +31 613978348 . You are kindly requested not to forget to mention your meditation experience.

Please transfer the costs to Giro: 8122006 (for Holland), for SIM at Ezinge, mentioning: Retreat 23/3 - 30/3/12 or (for foreign countries) via IBAN: NL98INGB0008122006 and BIC: INGNL2A, stating the name of the participant.

Applications will be accepted following the order of arrival of payments.

Terms and conditions

These are mentioned on the SIM website (in Dutch): www.simsara.nl

Conditions for cancellation are also mentioned, but in case of cancellation or other problems, please contact: Robbert Thijssen at: drlaser@hotmail.com or at the telephone numbers provided above.

Meals

The meals are vegetarian.

In support of meditation

To support one self and each other in the process of meditation, the retreat will be in complete silence. One is requested not to read or to write during the retreat.

Vipassana meditation

Vipassana or Insight meditation is a Buddhist practice as taught in, mainly, South-East Asia. The emphasis in this meditation technique is on the development of mindfulness (awareness) and the learning to observe that what is happening in the here and now. This may lead to insights and to inner peace.

Dana

Most Vipassana meditation retreats are guided on the basis of Dana (Generosity). From the time of the Buddha, the transmission of his teachings and the meditation instructions are considered a deed of generosity. The costs of the retreat consist of the basic fees of lodging and meals; the teachers receive only reimbursement of travel-, and accommodation expenses. At the end of the retreat the participants have the opportunity to practice generosity; they are invited to give Dana (donation) to the teachers.

Information

Some information (in English) on the International Theosophical Centre at Naarden can be obtained from: www.itcnaarden.org

There is also a section in English of the website of the Genouds: www.vimalakirti.org

After application, you will receive more details approximately two weeks prior to the retreat. For general information, please contact Robbert Thijssen at: drlaser12@hotmail.com or Tel: +31 24 3568341 or +31 6 13978348.