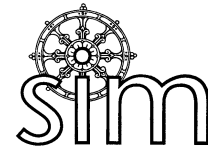




Dutch Foundation
for
Insight Meditation



Invitation to attend a

VIPASSANA-MEDITATION RETREAT

from Friday July 27 through Saturday August 4 2012

in

“Meeuwenveen” in Havelte

PROGRAM

The retreat begins on Friday at 8 pm and will end after the lunch on the last day. This retreat will take place in the beautiful and quiet center situated at the “Meeuwenveen” in Havelte (about 10 km north of Meppel) and will be lead by Carol Wilson and the couple Guy and Sally Armstrong from the United States.

The program includes dhamma talks, walking- and sitting meditation, meditation instructions and personal interviews as well as, mindful movements from the Qi Gong under the guidance of Franz Moeckl .

Teachers

Carol Wilson has been practicing insight meditation since 1971 with a variety of teachers, as well as spending a year as a nun in Thailand. A guiding teacher at the Insight Meditation Society in Barre, Massachusetts (USA), she has been offering retreats worldwide since 1986, including the annual IMS Three-Month retreat. In 2007 she guided a retreat in Elspeet (the Netherlands) with Joseph Goldstein.

Guy Armstrong has practiced Vipassana mediation for 35 years and as a Buddhist monk was a student of Ajahn Buddhadasa. In 1984 he began teaching and has led retreats worldwide. He is a guiding teacher at Insight Meditation Society in Massachusetts and governing teacher at Spirit Rock Meditation Center in California.

Sally Armstrong (the partner of Guy) began practicing meditation in India in 1981 and co-founded the Sharpham meditation community in England in 1983. She began teaching at Spirit Rock in 1996. She is now a guiding teacher at Spirit Rock Meditation Center and at Insight Meditation Society, and is also the co-founder of the Dedication Practitioners Program.

FEES AND REGISTRATION

The fee for this 8-day retreat is € 635 which includes all meals and accommodation in a single room. For a double room the fee is € 565.

Because it cannot be indicated on this registration form any other way, you are requested to write a 1 or 2 in parentheses after your first name, to indicate whether you are choosing a single or a

double room. Depending on the number of participants it is possible that not everyone who registers for a single room will get it. Priority for a single room will be given to people with special needs and the elderly.

If you want to participate, but the registration fees are too high, please contact 00 31 594-628348 (ev. 00 31 10-4672952) or send a mail to info@simsara.nl.

To register for this retreat please transfer the registration fee to the bank account 8122006 (IBAN: NL 98 INGB 0008122006; BIC: INGBNL 2A), account name "Stichting Inzichts Meditatie" in Ezinge with the reference: retr. 27/7- 4/8 12. We request that you provide your name, in the event that your name does not correspond with the name on the bank account. We also request that you complete the registration form and preferably send it to d.radius@hotmail.com or to: Do Radius, Eerste Rozendwarsstraat 8-A, 1016 PC Amsterdam.

Acceptance of enrollment will take place in the order with which registrants have paid.

Your preliminary enrollment will occur once you transfer a deposit of € 200,00 for a double room or € 250,00 for a single room. After the transfer of the remaining amount your enrollment will be complete. If the remaining amount is not transferred by the 15th of May 2012 your initial deposit minus € 50,00 will be returned to you and your preliminary enrollment will be cancelled.

GENERAL CONDITIONS

Please note that when registering for a SIM-retreat you are agreeing to the "General Conditions" as they appear on the website of the SIM (www.simsara.nl) and as stated in the September 2009 issue of the SIMsara. It is recommended that you read through these carefully.

MEALS

The meals are vegetarian.

SUPPORT OF THE MEDITATION PROCESS

To support the meditation process, the retreat will be in complete silence. We also request that you refrain from reading or writing during the retreat.

VIPASSANA-MEDITATION

Vipassana- or insight-meditation is a technique that comes from the Buddhism that is widely practiced in Southeast Asia. Central to this meditation technique is the development of attentiveness, learning to observe what happens in the here and now. It leads to the deepening of insight and ultimately to inner peace.

DANA

Like all SIM-retreats, the teachings and meditations of this retreat are offered by the teachers on the basis of 'Dana' (=donation). Buddhist teachings are traditionally offered as 'Dana', which is a Buddhist term referring to the spirit of generosity. The fee you pay to participate in the retreat enables us to provide food and accommodation, and to cover teacher travel expenses. The teachers receive no payment for their instruction. You are invited to help support their continuing efforts by contributing to their livelihood. There will be an opportunity at the end of the retreat for participants to give to the teachers from the heart whatever feels appropriate.

INFORMATION

About two weeks before the retreat begins, all registrants will receive a letter with more details.

Information: d.radius@hotmail.com or Do Radius 06-27227063 (ev. 038-4656653)

