



Insight Dialogue Weekend Retreat
with
Gregory Kramer

Friday, January 9 - Sunday, January 11, 2009
at
Red Cedar Dharma Hall, Bellingham, WA
1021 N. Forest

Insight Dialogue is a meditation practice that takes our practice of the Dharma into our relationships with other human beings. Gregory has dedicated himself to developing meditation practices that bring us into relation with each other while maintaining the awareness and stability of mindfulness. This gives us the opportunity to practice together in a way that can begin to free us from the suffering that we experience interacting with others. He has also developed a relational understanding of the Dhamma that keeps these practices ground in the wisdom tradition.



Gregory Kramer is a meditation teacher, author, director of the Metta Foundation, and a visiting faculty member of the Barre Center for Buddhist Studies in Massachusetts. He has been teaching Vipassana and loving-kindness meditation since 1980. He is the co-creator and developer of Insight Dialogue and teaches the practice worldwide. He holds a PhD in 'Learning and Change in Human Systems. For further information about Insight Dialogue, visit Greg's web site at <http://www.metta.org/practices/insightDialogueMain.htm>. Additional information about Gregory is also on his main page at www.metta.org.

Schedule:

Friday Evening, 7-9 p.m. - Gregory's talk is open to all. However, if you intend to come to the weekend retreat, the Friday evening talk is a **pre-requisite**, as Gregory will introduce the practice that evening, and build from there.

Saturday, 9-5 p.m. and **Sunday, 9-4 p.m.** – We will continue to practice Insight Dialogue interwoven with traditional, silent vipassana.

Lunch Break: There will be a break for lunch from 12 to 1 p.m. You may bring a brown bag lunch, or eat at a nearby local establishment. Tea or coffee is available downstairs in the hall. If you'd like to bring cookies or other goodies to share with others, that is a good thing.

Retreat Cost: \$25 members, \$35 non-members.

REGISTRATION FORM

Gregory Kramer Non-Residential Weekend Retreat, January 9-11, 2009

Name _____ Phone _____

Address _____

City _____ State/Prov. _____ Zip/PostalCode _____

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

Check all that apply:

Please register me. I am a dues-paying member of BIMS (\$25)	
Please register me. I am not a dues-paying member at this time. (\$35)	
I would like a scholarship to attend this retreat. Amount requested: _____	
I would like to contribute to BIMS scholarship fund. Amount: _____	
I would like accommodation in the home of a BIMS sangha member on Friday and Saturday nights.	
I can provide accommodation for an out of town retreatant.	

Cushions: The Red Cedar dharma hall has many cushions and mats, though you may bring your own if you prefer. There are also many chairs available.

Payment: Make checks *payable to BIMS (Bellingham Insight Meditation Society)*. Send check and form to John Fries, 2100 Electric Ave., Apt. 408, Bellingham, WA 98229. Email questions to jnfries@yahoo.com and/or phone: (360)325-8977.

Confirmation: A confirmation letter with information, including directions to the Hall, will be sent after your registration is received.

Early registration is appreciated – thank you!

Registrar’s section:

Registration Amount \$ _____ BIMS contrib. \$ _____ Check # _____

Date rec’d: _____ Confirmation emailed : _____ Scholarship amt given: _____