



Chas DiCapua has been practicing mindfulness and Buddhist meditation, primarily in the Theravada school, for over 25 years. He has trained with Burmese meditation masters, western monastics of the Thai Forest tradition and senior western Vipassana teachers.

In 2003 Chas was invited to be the Resident Teacher at the Insight Meditation Society where he continues to serve the Dharma in that role. A graduate of the four year IMS–Spirit Rock Teacher Training Program with Joseph Goldstein and Jack Kornfield, he is interested in how the basic material of our everyday lives, including relationships, can be used as a vehicle for awakening.

Chas teaches retreats at IMS, at various meditation centers throughout the country, and offers Spiritual Counseling for individuals.

Nonprofit
Standard
Postage
PAID
Hardwick, VT 05843
Permit #4

WELLSPRING INSTITUTE
PO Box 147, Hardwick, VT 05843

Practice For Challenging Times

Vipassana
Meditation Retreat
with Chas DiCapua



1 pm Friday – 12 pm Sunday
OCTOBER 26 – 28, 2018

High Reach Farm
Danville, Vermont

Practice For Challenging Times

Vipassana Meditation Retreat with Chas DiCapua

1 pm Friday – 12 pm Sunday
October 26 – 28, 2018

We live in challenging times. The onslaught of information about the difficulties in our world can leave us reeling, numb, over stimulated, or some combination of. In turn, our nervous systems can be on a constant state of arousal or shut down. Both of which are not helpful.

The social and political landscape of our society/world is becoming increasingly polarized which can support views of us and them and good and bad.

It can be so easy to be lulled into the belief that people who hold opposing views to ours are inherently wrong and/or bad.

During this retreat we will practice Body Based Tranquility practice to help calm and regulate our nervous systems. We will also practice Loving Kindness to counteract the tendency of other making, and the aversion and hatred that can come with that. These two practices will not only allow us to cultivate a sense of ease, allowing us to rest during the retreat, but will also give us the tools with which to engage our world while staying balanced in heart and mind.

During the retreat, we will use both silent sitting and walking practice, Dharma talks, and small group discussion as vehicles for this exploration.

Individual meetings with the teacher and group dharma discussion will round out our exploration of what it means to practice in challenging times.

Vipassana or Insight Meditation is a simple, yet profound meditation practice that has the ability to transform how we experience the world. Through the cultivation of present time awareness, life is seen how it actually is, not how we think it is, or want it to be. Through a deepening presence, we discover that it is possible to have a more harmonious relationship with ourselves and the world around us.

WEEKEND SCHEDULE

FRIDAY

11:00-1:00 pm Registration; lunch provided
1:00-1:30 pm Manager's talk
1:30 pm Opening Dharma talk

FRIDAY – SATURDAY

- Meditation: sitting, standing & walking
- Individual meetings with the teacher
- Group dharma talk and discussion

SUNDAY

12 Noon Retreat ends

LOCATION & ACCOMMODATIONS

High Reach Farm, located in Danville VT, offers the exquisite beauty of a rural New England farmscape. A completely rehabilitated building offers modern comfort while maintaining the footprint of the original house and the charm of an old New England farmhouse. All of the trails of the farm are available for your enjoyment. Delicious vegetarian meals.

RESIDENTIAL & COMMUTING OPTIONS

Generally, for a retreat, settling into one place for the duration is more conducive to deepening into the experience of the retreat. We encourage you to consider this as an option. For those who choose to commute, we encourage you to make arrangements that will support your practice of silence during the retreat.

DIRECTIONS

Directions will be sent to you once you register.

SPONSORED BY

Wellspring Insight Meditation Community offers ways to awaken the heart and mind through the study and practice of Buddhist meditation. We offer a weekly study and practice group, and opportunities for intensive practice (including day-long and weekend retreats with guest teachers). As an affiliate of the Wellspring Institute (a nonprofit organization), we are able to accept tax-free donations.

REGISTRATION

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Please register no later than October 15, 2018

FEE

Residential (Meals & Lodging) \$175

Commuter (Meals) \$125

SCHOLARSHIP

If you would like to donate an additional amount toward a scholarship fund that would be most welcome. If you are not able to afford the fee, there is a scholarship fund to support your attending the retreat.

PAYMENT

Please make checks payable to *Wellspring IMC* and mail, with completed registration form, to:

Wellspring Institute
PO Box 147, Hardwick, VT 05843

DONATION

The retreat and the teachings are offered freely by the teacher in the spirit of generosity. The fee covers expenses only. By making an offering to the teacher, the student does their part in helping to support the teacher so that they may meet the financial needs of their life, as well as making these retreats function by means of mutual generosity as opposed to fee for service. In this way, both teacher and student get to deepen their practice of generosity.

GENERAL INQUIRIES

Marcia Maynard, Phone (802) 426-3463
Email wellspringinsight@gmail.com