



*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

# Living With a Tender Heart

Loving Kindness & Mindfulness  
Meditation Retreat  
*with Chas DiCapua*



1 pm Friday – 12 pm Sunday  
**OCTOBER 25 – 27, 2019**

Bishop Booth Conference Center  
Burlington, Vermont

Sponsored by  
Wellspring Insight Meditation Community

# Living With a Tender Heart

Loving Kindness & Mindfulness  
Meditation Retreat  
with Chas DiCapua

1 pm Friday – 12 pm Sunday  
October 25 – 27, 2019

*Metta*, or loving-kindness, is the heartfelt wish for the well-being of oneself and others. It helps soften the heart, allowing us to feel empathy with the happiness and sorrow of the world.

*Metta* practice cultivates the innate friendliness of an open heart by inclining the heart toward expressing wholesome intentions. Recognizing and expressing goodwill may evoke feelings of love, tenderness, and warmth, or expose difficult or painful buried emotions. Allowing all these emotions to surface in their own time is one function of loving-kindness practice.

During this retreat, we deepen our understanding of how the practices of mindfulness and loving-kindness support one another. Mindfulness is the practice of being present: a quality of attention that allows present moment experience to be known without preference, without resisting or attempting to manipulate or change it. *Metta* practice is the caring quality of awareness: a sensitivity and warmth that allows us to respond with kindness and compassion, receptive and responsive. 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  
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

Bishop Booth Conference Center, Burlington, VT

## RESIDENTIAL ONLY

Settling into one place for the duration of an intensive retreat is conducive to deepening into the experience of the retreat. While we offered a commuter option in the past, now that we have a facility that with more sleeping capacity, we are limiting participation to residential only.

## 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 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, 2019**

## FEE

Residential (Meals & Lodging) \$275

## SCHOLARSHIP

If you are not able to afford the fee, there is a scholarship fund to support your attending the retreat.

If you would like to donate an additional amount toward a scholarship fund that would be most welcome.

## PAYMENT

Please make checks payable to *Wellspring Institute* 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](mailto:wellspringinsight@gmail.com)