



## Insight Meditation of Cleveland

Will be offering a

# Weekend Vipassana Retreat

With Amita Schmidt

## March 28-30, 2008

Insight Meditation of Cleveland will be sponsoring a 3-day Vipassana Meditation retreat at The Cedar Hills Conference Center in Painesville, Ohio, over the weekend of March 28, 29, and 30, 2008. Vipassana (or insight) meditation is a simple practice of mindful awareness of our bodies, feelings, thoughts and consciousness. Through mindfulness, insights begin to arise naturally and we see more clearly how the mind works. As we see more clearly, the grasping qualities of the mind loosen their hold and we experience freedom from suffering. The retreat will be led by Amita Schmidt and will consist of alternating periods of sitting and walking meditation.

Amita Schmidt has been practicing Vipassana meditation for more than 20 years. She was the resident teacher from 2000-2006 at the Insight Meditation Society (Barre, MA). She is also the co-founder of Southwest Sangha, a self-retreat center and Buddhist community in southern New Mexico. She is the author of *Dipa Ma: The Life and Legacy of a Buddhist Master* (BlueBridge, May 2005) and a contributor to *Buddha Laughing: A Tricycle Book of Cartoons*. She is a licensed clinical social worker who co-authored "Healing Trauma with Meditation" in *Tricycle Magazine* (Fall 2004). Amy is currently a student of Adyashanti, and due to the impact of his teachings on her practice, she includes inquiry and open awareness as part of her teaching. Amy is currently working on a new book entitled *Radiance: Recognitions of True Nature*. She has led several retreats in our area and spiritually supports our sangha. Her website is [www.amitaschmidt.org](http://www.amitaschmidt.org).



The retreat will be silent. It will begin on Friday evening and will conclude after lunch on Sunday. Meals include supper on Friday, breakfast, lunch and supper on Saturday and breakfast and lunch on Sunday. Please bring a meditation cushion or bench if you have one available. A very limited supply will be available at the retreat.

The cost of the retreat is \$150, which includes meals and accommodations. A limited scholarship fund is available. Please indicate any financial need when you register. If you can afford it, please consider a donation to help with our scholarship funds. Please register by March 11<sup>th</sup>, payment is due in full at time of registration. Due to multiple factors, it will be difficult to accept late registrations. Please register as soon as possible.

The Buddha's teachings are considered to be priceless, and are therefore offered freely. The registration fee does not cover any payment to the teacher. Meditation teachers in this tradition are able to continue their work only through voluntary donations of their students. This practice of dana (generosity) is an integral part of the retreat experience.

For more information, contact Susan Cyphers at [SMCY2@aol.com](mailto:SMCY2@aol.com).

\*\*\*\*\* REGISTRATION FORM \*\*\*\*\*

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip: \_\_\_\_\_ M/F \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

**All meals are vegetarian (not vegan)**

Please indicate any special dietary or other needs: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_ Amount enclosed for Scholarship fund: \$ \_\_\_\_\_

**Meals & Accommodations: \$150. Please make checks payable to "Insight Meditation of Cleveland"**

**Mail to: Susan Cyphers, 14910 County Line Rd., Chagrin Falls, OH 44118**

**Please register by March 10th, 2008.**

**Additional registration forms are available on our website [www.imcleveland.org](http://www.imcleveland.org)**

--- may all beings be free from suffering ---