

Insight Dialogue Retreat : Opening to Life

With Phyllis Hicks
and Anne Michel

Mai 26 to Mai 31 mai



Maison Mudita, 1657 Abländschen Switzerland

Insight Dialogue brings the mindfulness and tranquility of traditional silent meditation practice into our interaction with others. It offers a method for cultivating continuous mindfulness and concentration. Depending on conditions inside us and around us, our perceptions of others and ourselves open the heart with wisdom or trigger habitual patterns of stress and reactivity.

Insight Dialogue practice allows us to face the complexity of the relational dimension with mindfulness. When experience is directly received here and now, true investigation into the nature of suffering and its release begins. Our fears soften, and trust and calm can settle in us, anchored in wisdom and compassion. See www.metta.org

The retreat will be held in silence except for structured periods of Insight Dialogue practice. There will be times of silent sitting, mindful movement, and dialogue in groups of 2 or more, with guided contemplations. Teachings will be offered in English with a French translation.

The retreat is open to beginners and long time practitioners. Prior silent meditation is recommended. If you have questions about the suitability of this retreat please call one of the numbers below.

Place : **Maison Mudita, 1657 Abländschen.** In the village of Jaun, turn right and drive about 7 km. Before arriving in Abländschen, there is a hairpin outline on the right. The Mudita house is the big cottage on the left after this bend. If you arrive by train, there is a bus from Bulle to Jaun. Please call a few days before the course to arrange transportation from Jaun. Carpool can also be organized from Bulle.

Beginning of the course: **Saturday, May 26,** at 7 pm (light meal). Please arrive between 5 pm and 7 pm.

End of the course: **Thursday, May 31,** at 2 pm

Take with you: bed sheet, down duvet and pillowcase (duvets, pillows and blankets are on site), floor mats and cushion or meditation bench, indoor shoes and walking shoes, warm clothes for walking (the house is 1300m above sea level), towels, etc.

Price of the course: CH Frs 350.-, to be paid at the beginning of the retreat, or on the CCP of : Mudita Association, 1000 Lausanne, No. 17-132929-5. IBAN: CH06 0900 0000 1713 2929 5
This price includes accommodation, food, organization, and salary of the cook. If this amount is too high for your current opportunities, you can contact us to adjust the price.

DANA : According to tradition, the teachings are considered too valuable to be coined, and are freely offered. Teachers depend on donations for their livelihood. Donations are being offered at the end of the course.

Information :
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Registration : Association Mudita
Contact : Claire et Jean Chevalley
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