

Insight Meditation Center of Pioneer Valley  
Dhamma Dena  
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**Guiding Teacher:** Rebecca Bradshaw

**Board of Directors**

Andrew Berger ❖ Rebecca Bradshaw  
Lisa Colt ❖ Mark Hart ❖ Jessica Murphy  
Barbara Quinn ❖ Kim Weeber ❖ Tomasin Whitaker

**Director:** Jessica Murphy

The Insight Meditation Center of Pioneer Valley is a non-residential urban center. Its mission is to offer the Buddha's teachings of liberation to all those who are interested and to those who want to sustain and deepen their practice. Insight PV is also named Dhamma Dena, after a lay-woman who lived during the time of the Buddha.

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**Classes & Events**

**Registration:** Please register in person for classes and retreats by arriving 15 minutes early. Advance pre-registration is not needed except where specified.

**Dana:** Teachers and community dharma leaders at our Center are not paid for leading classes and retreats. The suggested donations for classes help us pay for the Center's rent, phone, and administrative expenses. At the end of classes and retreats, you are invited to "practice Dana" (generosity) by making a gift in support of the teacher's livelihood.

For more information, please see our website, [www.insightpv.org](http://www.insightpv.org).

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of  
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**Winter/Spring 2010**



Open Sitzings ❖ Classes  
One-Day Retreats ❖ Half-Day Retreats ❖  
Weekend Retreats ❖ Special Events

**Evening Classes**

*7 – 9 PM unless otherwise noted*

**Opening the Mind to Compassion & Joy:  
The Divine Abodes**

*Kim Weeber*

Mondays, January 4 – 25

Suggested donation: \$28 – \$40 plus teacher Dana

We will practice meditations that cultivate our natural capacity for an open and loving heart. These practices lead to the development of concentration, happiness, equanimity, and a greater ability to accept ourselves and others. This class is suitable for both beginners and experienced meditators.

**Coming Into Our Bodies**

*Mark Hart*

Mondays, February 1 – 22, 7 – 8:30 PM

Suggested donation: \$28 – \$40 plus teacher Dana

We will explore mindfulness of the body from an embodiment perspective — not simply bringing attention to the body as though it were a separate thing from awareness, but being aware in the body and as the body and exploring the kind of knowing that opens up for us outside of conceptual thought. In addition to a period of meditation, each class will also include some guided movement and gentle yoga. Please dress comfortably for this class.

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**Non-Residential Weekend Retreat  
Liberating the Heart**

Friday, January 29th to Sunday, January 31st

**Pioneer Valley Co-Housing Community, Amherst**

Friday 7–9 PM, Sat. 9 AM–9 PM, Sun. 9 AM–1 PM

Suggested donation: \$40 to \$80 plus teacher Dana.

Mark Hart and Rebecca Bradshaw will lead us as we look at different ways of approaching our meditative investigation leading to liberation of the heart and mind. To register, send your name, address, email and phone plus a deposit of \$20 or more to Insight PV. We will respond with confirmation and directions.

**Obstacles on the Path:  
Meeting Ourselves Right Where We Are**

*Jean Esther*

Mondays, March 8 – April 5

Suggested donation: \$35 – \$50 plus teacher Dana

So often we think we need to be other than where or who we are in order to experience peace or be a "good meditator." Evaluation of our spiritual practice may feed self-judgment, resulting in even further separation from the freedom we desire. It's easier than we think to move out of this conundrum. In this class we'll explore the embodiment of presence. When we meet difficult states of mind just as they are and learn to feel feelings "in the feeling," these perceived obstacles reveal themselves as the doorway to liberation they truly are. Each class will include silent meditation, mindful movement, and shared reflections on the Buddha's teachings. Suitable for both beginners and experienced students.

**Beginning Meditation**

*Kim Weeber*

Mondays, April 12 – May 17

Suggested donation: \$42 – \$60 plus teacher Dana

This six-week class will present an overview of the Buddha's teachings on meditation and mindfulness in daily life. There will be guided meditations, discussions, and suggestions for home practice. Recommended reading: *The Beginner's Guide to Insight Meditation* by Arinna Weisman.

**Meditation for Those Who Can't**

*Rebecca Bradshaw*

Tuesdays, May 18 & 25

Suggested donation: \$14 – \$20 plus teacher Dana

Many times we struggle needlessly in meditation because of misinformation, self-judgment, or unrealistic expectations. Bring what you struggle with most — in meditation or the application of your practice in your life — and we'll explore together how to find freedom in whatever is happening.

## One-Day Retreats

Saturdays 9:30 AM – 4:30 PM

unless otherwise noted

Suggested donation: \$20 – \$30 plus teacher Dana

### New Year's Day Retreat & Potluck

#### Four Kinds of Happiness

Rebecca Bradshaw

Friday, January 1, 2010

10:30 AM – 3:30 PM

Suggested donation: \$10 – \$25 plus teacher Dana

On New Year's Day we'll gather to explore what brings true happiness to our lives. In the morning we'll practice sitting and walking meditation in silence (instruction provided). After a community lunch (not in silence), we'll investigate four kinds of happiness the Buddha prescribed for lay people and share ways to support happiness in our lives in the coming year. Feel free to bring family and friends interested in meditation. Please bring a dish to share for lunch. You may come for the morning practice session at 10:30 or arrive at lunchtime (12:30-1:30) for the afternoon.

### The Freedom of Heart & Mind: A Day-Long Retreat for the LGBT Community

Jean Esther

Sunday, February 28

10 AM – 5 PM

This day is an opportunity to insert a pause into our busy lives and sit in retreat together as a community. Through silent meditation, gentle yoga, mindful movement, and shared discussion, we will explore the nature of freedom within ourselves and our lives. We will dedicate this day of practice to the liberation of all beings, especially our LGBT sisters and brothers across the globe who suffer from the devastating effects of oppression and the denial of basic human rights. In order to support the retreat environment and each other, please plan to stay for the full retreat. Suitable for both beginning and experienced meditators. Please bring a bag lunch.

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### The Wanting Mentality (Half-Day Retreat)

Rebecca Bradshaw

Saturday, March 27

9:30 AM – 12:30 PM

Suggested donation: \$10 – \$15 plus teacher Dana

In Buddhist cosmology, there is realm of hungry ghosts, beings with large bellies and tiny mouths caught in perpetual hunger of wanting. In this half-day retreat, we'll explore the nature of our "inner hungry ghost" and discuss wholesome qualities that truly ease craving.

### Reflecting on Illness, Old Age, and Death: A Retreat for People of All Ages

Adi Bemak

Sunday, April 18

This day-long retreat will provide a supportive environment for participants to explore the broad range of experiences one goes through when facing illness, old age, and death. We will reflect on the ways mindfulness practice and the Buddha's teachings can provide inspiration to live fully, strengthening our capacity to deal with what comes on the journey of being human. The day will include periods of sitting and walking meditation, as well as time to share questions and discussion. *New and experienced students are all welcome.*

### Body Awareness

Lila Wheeler

Sunday, May 2

Awareness of the body "in the body" is the first foundation of mindfulness practice recommended by the Buddha. In fact, the body is automatically aware of itself, naturally cognizant. Today we will learn to relax into the body's natural flow of awareness as a way of becoming present to life. Walking meditation and extremely simple movement exercises will be taught to enhance awareness.

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### Out of Ourselves & Into Nature

Chas DiCapua

Sunday, May 23

As we leave the city or suburbs, and the forest closes behind us, our senses automatically engage. The sights and sounds with which we come into contact do not support identification nearly as much as other aspects of our everyday lives do. We can rest in the hearing, rest in the seeing, without adding anything extra. This day-long retreat will alternate between periods of silent hiking (walking meditation), sitting meditation, and group discussion. We will hike the Holyoke Range from Mt. Holyoke to the Notch (Rte. 116). To register, please call Chas DiCapua at 978-257-2852.

### The End of the Spiritual Journey: Right Here, Right Now

Jan Frazier

Saturday, June 5

In this interfaith retreat with the author of *When Fear Falls Away: The Story of a Sudden Awakening*, we will look at what it means to be on a spiritual journey, and the shift in perspective that awakening represents. What is the relationship between present-moment awareness and the experience of being on a journey? What does it feel like to live in awakened awareness? The day includes periods of meditation, teaching, and communal reflection.

### The 7 Factors of Enlightenment

Jesse Maceo Vega-Frey

Saturday, August 7

The Buddha held that mindfulness, investigation, energy, rapture, calm, concentration, and equanimity were the factors that "conduce to full realization, perfect wisdom, to Nibbana." In this daylong program, we will explore the richness of our practice when these factors are in balance and also when they are wildly out of balance. Learning to call upon these qualities without needing them to be present in each moment is a key to cultivating a wise and caring approach to our practice.

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## Monthly Class & Study Group

Rebecca Bradshaw

Thursdays: January 7, March 4, April 1, May 6

7:15 – 9:00 PM

Suggested donation: \$28 – \$40 plus teacher Dana

The Buddha described seven qualities of heart and mind that, when balanced, bring depth and strength to our practice. Come explore how to nourish and balance tranquility, concentration, equanimity, mindfulness, joyous interest, investigation, and energy. We'll practice at home during the month and come together to share what we discover.

### Experienced Students' Group

The Experienced Students' group will continue to meet once a month on Thursday early evenings. There may be openings for new members. If you are interested, please email Rebecca at rebeccab@mtdata.com.

### Weekly Open Sitzings

Mondays 5:30 – 6:45 PM

Wednesdays 7:15 – 8:45 PM

Sit together with other sangha members in a relaxed atmosphere. There is an optional discussion time after mediation, facilitated by a teacher or community practice leader. The first Monday of every month includes a special introduction for beginners. *No fixed fee for open sittings, but an opportunity to give Dana for the Center.*

Community Practice leaders: Adi Bemak, Andrew Berger, Paul Coombs, Jean Esther, Peggy Gillespie, Catherine Nagel, Kim Weeber.

### Half-Day Open Sitzings

Monthly on Saturday Mornings, 8:30 – 12:00

January 16, February 13, April 3, June 19, July 17

Half-day open sittings led by practice leaders provide the opportunity for more intensive practice without committing to an entire day. All levels of experience welcome; may drop in at any time during the morning. Sitzings may include meditation instructions and a taped talk. *No set fee; opportunity for Dana.*

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