



Insight Meditation Retreat

with

Gloria Taraniya Ambrosia

April 28-May 3, 2009

4:30 P.M. Tuesday until 1:00 P.M. Sunday

Christine Center, Willard, WI

Sponsored by Madison Vipassana, Inc.

The theme for the retreat will be ***The Five Aggregates: The Five Focuses of the Grasping Mind***. The teaching of the five aggregates is a skillful way of seeing all that we experience (all sensual phenomena) as fitting into five groups or categories—body, feeling, perception, mental formations, and sense consciousness. The Buddhist teachings state that through misunderstanding our true relationship with experience at these levels, we cling to the five aggregates with desire, attachment, and the wrong view of self. In short, we take these five aggregates and create a person around them. Then we cling to the person as being who we are. This, says the Buddha, is suffering. Freedom comes when we learn to let experience be—without adding anything to it or taking anything away. Thus, we see the truth of existence and we are free. During this retreat, we will examine this important teaching of the Buddha in an environment of silent meditation practice. Participants will practice mindfulness techniques while sitting, walking, eating, and moving about throughout the day. This retreat is suitable for beginners and seasoned meditators alike. Clear and simple instructions will be presented throughout the retreat and a longer discourse will be presented each evening. The retreat will be held in silence except for question-and-answer periods. Sitting meditation periods of 45 minutes will alternate with periods of walking meditation throughout each day.

Gloria Taraniya is an experienced and knowledgeable teacher who is known for her joyfulness and sincerity. She has been a Dhamma teacher since 1990. She is a student of Ajahn Chah and Ajahn Sumedho of the Thai Forest Tradition, and is a Lay Buddhist Minister in association with Abhayagiri Buddhist Monastery in California. She served as resident teacher of Insight Meditation Society in Barre, MA, from 1996 through 1999 and is currently on the faculty at the Barre Center for Buddhist Studies, also in Barre, MA.

Cost: \$355 which covers a shared room and board and vegetarian meals, teacher transportation, and other retreat expenses. To inquire about options for families and retreatants with children, contact Cindy at 608-220-4015. Childcare will not be provided. In keeping with Theravada Buddhist tradition, the teachings are offered for free; however, a donation (*dana*) to the teacher is encouraged.

Financial assistance: Financial assistance is available through the retreat scholarship program. Contact Laura at 608-238-7376 to discuss what may be available.

Special needs: If you have special needs regarding food, accommodations, or mobility, contact Julie at juliemeyer@tds.net. To request or to offer a ride to the retreat contact Beth at bracette@gmail.com.

Registration: By mail only. Confirmation will be provided by email or U.S. mail along with additional information on the facility, driving directions, and recommendations on what to bring. For questions about registration, contact Julie at 608-231-1558 or juliemeyer@tds.net.

Deadlines, cancellation, and refund policy:

Registrations will be on a first-received, space-available basis. To be certain you get a spot, please register early. After the retreat is fully registered, you may ask to be placed on a waiting list. Those on the waiting list who do not get a spot will receive a full refund. All cancellations are subject to a nonrefundable \$70 fee. Cancellations on or before March 15 will be refunded the retreat fee, less \$70. Cancellations after March 15 will have the fee, less \$70, refunded only if the spot can be filled from the waiting list.

To register send \$355 to **Madison Vipassana, Inc.**, along with the registration form below. Full payment is requested. Mail registration to:

Madison, Vipassana, Inc.
c/o Julie Meyer
3914 Birch Ave.
Madison, WI 53711

REGISTRATION FORM: Gloria Taraniya Ambrosia Retreat, Christine Center, Willard, WI
Makes checks payable to: Madison Vipassana, Inc.

Circle your gender M F Is this your first vipassana retreat? _____ Amount enclosed _____

Name _____ Address _____

City _____ State _____ Zip _____ Phone: Day _____ Eve _____

Email _____ I enclose an additional \$ _____ to be used for scholarships.