

## *FINDING FREEDOM THROUGH INSIGHT MEDITATION*

*Insight meditation is a simple and direct practice based on moment-to-moment awareness, a technique that opens the heart and clears the mind. This will be an opportunity to practice continuous mindfulness in silence throughout the day—in sitting and walking meditation. In the silence we are freed from much of the daily barrage of stimulus that draws our attention outward, letting us delve deeply inward. Learning to be aware of our experience from a place of stillness and equanimity allows us to see more clearly, and as insight deepens, compassion and wisdom can arise.*

*The retreat is designed for beginners and experienced practitioners alike and will include meditation instruction, dharma talks, teacher interviews and discussion time.*