

The Four Foundations of Mindfulness

One-day Retreat with Ginger Clarkson

Saturday, May 20, 2017, 10 am to 5 pm

Ruah Center at Villa de Matel

6510 Lawndale

Houston, TX 77023

www.ruahcenter.org

Retreat Description:

“The Four Foundations of Mindfulness” is a one-day retreat where experienced vipassana teacher Ginger Clarkson will lead practitioners through each of the four Buddhist Brahmaviharas of Lovingkindness, Compassion, Sympathetic Joy and Equanimity. Specifically, the retreat will focus on awareness of the body, feeling tone, mental formations, and objects of the mind. The day will consist of alternating 30-minute sitting and walking meditation periods, interspersed with dedicated sessions to each of the four foundations.

This retreat is an excellent way for beginning students to explore the format of an intensive retreat, or experienced students to recharge their practice into the *Middle Way* of the Buddha.

Instructor:

Ginger Clarkson has served as the primary Community Dharma Leader for Insight Meditation Houston since 2012. She works as a Board-Certified Music Therapist, an international Trainer of the Bonny Method of Guided Imagery and Music (GIM), and is currently in the Buddhist Chaplaincy Training Program of the New York Zen Center for Contemplative Care. Her publications include *Poems from the Heart of Silence*, *A Silent Cure: Transforming Preverbal Trauma Through Meditation*, and *I Dreamed I Was Normal: A Music Therapist's Journey into the Realms of Autism*. Ginger's website is <http://www.gingerclarkson.com>

Registration and Cost:

Cost of this one-day retreat is \$65. This fee covers facilities rental and lunch, but not dana (*see below*), a voluntary donation to the teacher. To register, go to the website insighthouston.org and click on the *Retreats* tab on the left-hand side. You can register online by clicking on the “Registration” link and completing the information online. If you prefer, you may download the registration form and send the completed registration form along with a check made out to Insight Meditation Houston.

We need to receive payment within 10 days after you register to hold your place in the retreat. You must register by the end of the day, May 9th, 2017.

PayPal: If you register online, you may pay through PayPal with either a PayPal account or a credit card. If you register online but don't pay through PayPal, then please send your check payable to Insight Meditation Houston to:

Insight Meditation Houston
503 Fargo Street

Houston, TX 77006

Non-Residential Retreat Cancellation Policy:

A month or more prior to Retreat: Full Refund

3-4 Weeks Prior: 75% Refund

2-3 Weeks Prior: 50% Refund

1-2 Weeks Prior: 25% Refund

Less than a week Prior: No Refund

Lunch:

A vegetarian lunch excluding beverage is included in the cost of the retreat. Please bring your own drink. If you have dietary restrictions that could impact your health, it is advisable to bring your own lunch.

Retreat Etiquette:

We ask all retreatants participating in IMH sponsored retreats to follow the Buddhist Precepts:

1. *Reverence for Life* – refrain from harm to people, animals, plants and minerals.
2. *Generosity* – refrain from taking that which is not freely offered.
3. *Wise Speech* – during the retreat we ask that Noble Silence be maintained except in question and answer periods, when invited, by the teacher.
4. *Sexual Responsibility* – refrain from engaging in sexual activity which could cause discord – this includes flirtatious looks, motions, etc.
5. *Intoxicants* – Refrain from using alcohol, drugs (non-prescription) or other mind-altering substances which lead to carelessness.

We also ask that as we are visitors at Villa de Matel, we follow all facility rules and regulations, and that we leave the facility at least as well as we found it. Leave Only Footprints.

In addition:

- Please do not wear scented products or fragrances.
- Leave your cell phone in the car, or turn the power *totally* off.

What to Bring:

- Sitting cushions/Pad/Blankets – Chairs are provided.
- Comfortable seasonal clothes.
- Water/Drinks
- Sunscreen/Hat for outside practice.

Dana:

Following the 2,500 year Buddhist tradition, the teachings are offered free of charge by the teacher. Thus, *the retreat fee does not include payment to the teacher*. We encourage participants to offer free-will donations to the teacher per their means and their heart's response to the retreat.

A basket for donations to the teacher will be available in the mediation hall – checks made out to Ginger Clarkson or cash are accepted.

Scholarships:

A limited number of partial scholarships are available to cover up to 50% of the retreat fee. You may download the scholarship application at www.insighthouston.org and mail it to:

Schedule:

The retreat begins promptly at 10:00 am on Saturday. It is suggested that retreatants arrive at least 15 minutes early to sign in and establish a sitting space. Noble silence begins at the opening of the retreat and ends at the closing circle at 5 pm.

Additional Information:

Contact us at meditationhouston@gmail.com with questions.