

# Spring Insight Meditation Retreat

## August 4<sup>th</sup> – August 6<sup>th</sup>

### Additional Information

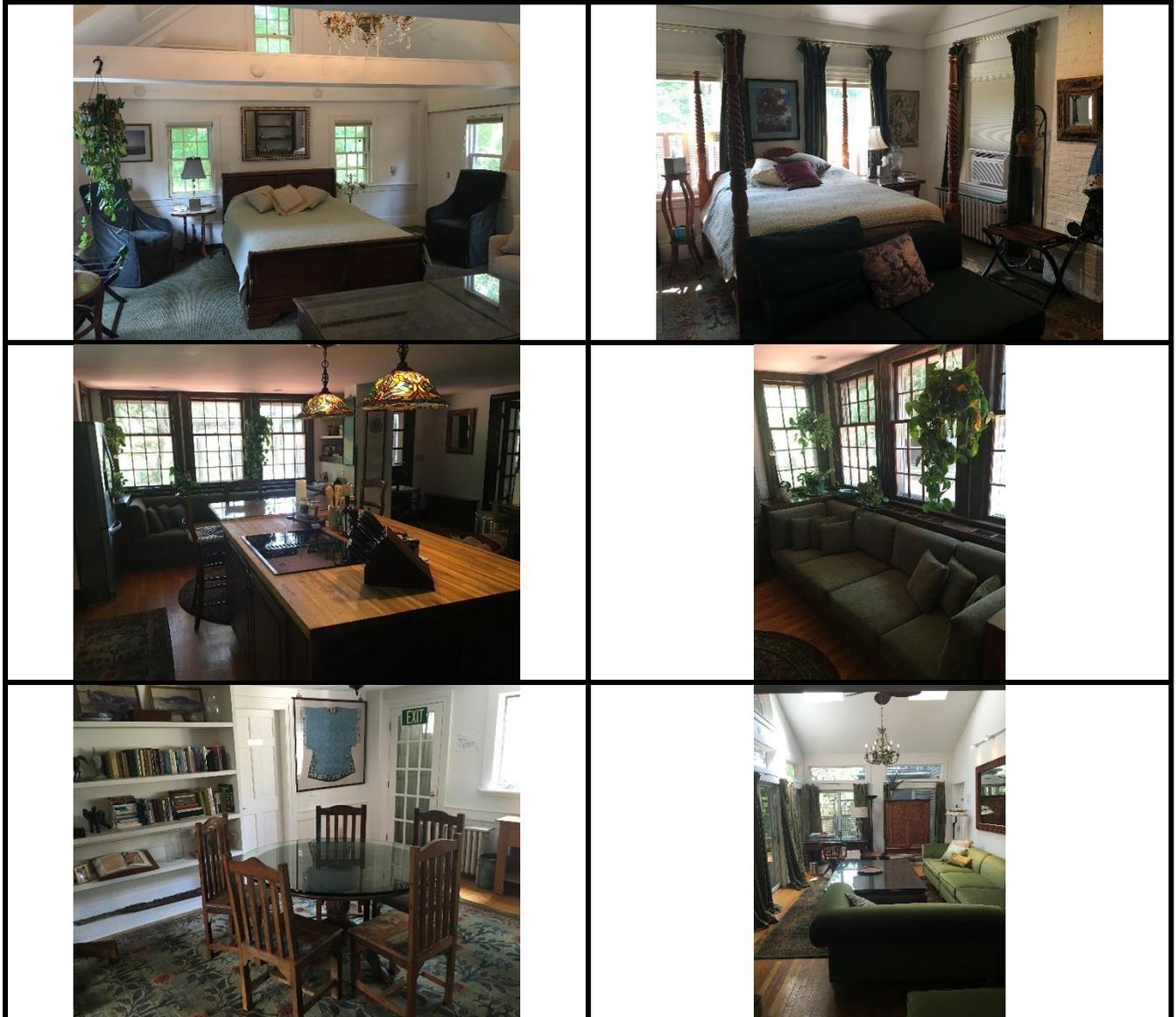
#### **Retreat and Residences:**

The retreat will be held at the Insight Meditation Center of Newburyport. All meditation activities and meals will take place there.

The residences are located a few minutes' drive away in a beautiful private residence across the reservoir from IMCN. You will be responsible for driving yourself back and forth to the Center, although car-pooling may be arranged if requested. There is ample parking at each facility.

We have accommodations for up to 15 people. All rooms will be shared with each room and its occupants sharing their own bathroom. There are three rooms with large beds specifically for couples.

#### SAMPLE PICTURES OF RESIDENCES



All participants (including couples) are expected to keep the 'harmonious training guidelines' (precepts), while on this retreat.

### **Harmonious Training Guidelines for Retreat**

There are five traditional training guidelines (precepts) that we ask you to follow while on residential retreat that all support the harmony and safety of the group:

1. Refrain from killing living beings
2. Do not take what is not given
3. To not speak inaccurately or harshly (silence for the most part)
4. Do not engage in sexual activity
5. Refrain from unwise use of intoxicants and stimulants (this does not mean to stop taking meds if you are, and coffee will be available)

### **Silence**

At IMCN we have strived to make it a place of peace and quiet where people can practice in a beautiful and natural setting. Silence is a major part of this retreat. It is a powerful training tool that helps us to deepen our connection to the present moment, creating the conditions where calm, clarity, and insight can naturally arise.

The silence we keep is not only for ourselves, but is a vital support for the harmony and safety that we create as a community while on retreat (there will be opportunities to discuss the practice with the teacher in a group or individually).

To help keep the silence, we request that you please:

- Turn off your cell phones and other digital devices for the duration of your stay. If you need to check your phone once a day for possible family emergencies, etc., you may do this quietly and discreetly outside of formal practice and away from the center, and also where you will not be heard by others.
- Keep your silence with friends and family members that are on retreat with you.

Silence will be broken at the end of the Retreat, in time to allow you to talk and share your experience.

**Meals:** All meals are included, along with healthy snacks. All meals will be vegetarian. There will be a refrigerator there if you need to bring some of your own food for medical reasons.

**Clothing:** Loose, comfortable clothing is generally a good idea while being on retreat. You may want to bring a variety of layers, depending upon the weather. You may be doing walking meditation outside (again, weather permitting).

**Use of Scented Products:**

Because meditation retreat practice can lead to a heightened sense of awareness, some participants may develop a sensitivity to odors and perfumes, and some are allergic to many chemicals. Please do not bring or use perfumes or scented shampoos, ointments or lotions, or laundry products containing fragrance as much as possible.

**Volunteer (Yogi) Jobs:**

To help support the smooth running of the retreat, once you are registered at the residence we will ask for volunteers to assist in a variety of jobs such as washing & drying dishes, kitchen clean up, morning bell ringers, etc.

**Waiver:**

The grounds and property are privately owned and we must respect the owner's privacy. You will be asked to sign a waiver and also provide a credit card number in case of any property damage.