



*"Insight Dialogue ... enriches practices for ... deepening our awareness of social interactions in all their complexity, with all their shadows, pain, and promise, in the service of authentic freedom and the humbling realization of our deepest connection."* Jon Kabat-Zinn

### **RETREAT:**

**August 28 - September 3, 2010**  
**CAD / US \$ 500**

### **FACILITATOR TRAINING:**

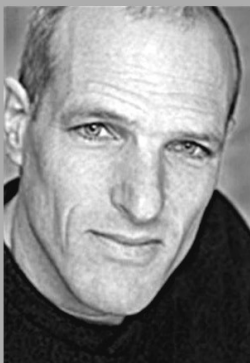
**September 3 - 5th**  
**CAD / US \$ 150**

*This additional training with Gregory is reserved for those wishing to become volunteer facilitators of Insight Dialogue under Gregory's and other Metta Foundation teachers' guidance. The training begins Friday evening, Sept. 3 and ends Sunday, Sept. 5th.*

*Prerequisite: A five-day residential retreat with Gregory*

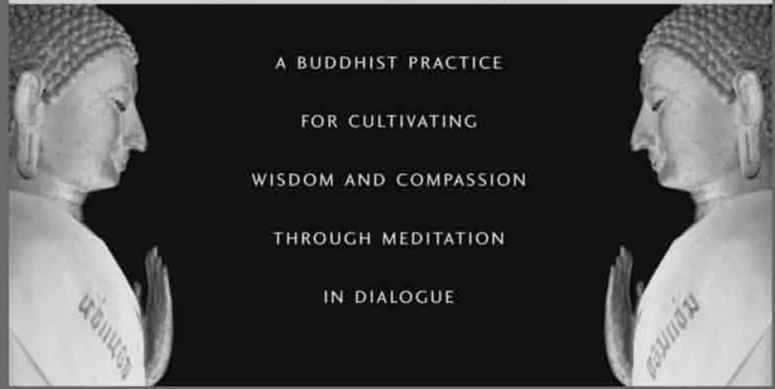
**For registration & information**  
**email [lucyleu@mac.com](mailto:lucyleu@mac.com)**

**For Insight Dialogue Information:**  
**[www.metta.org](http://www.metta.org)**



## **Insight Dialogue Retreat with Gregory Kramer**

**Sea to Sky Retreat Centre, Whistler, B.C.**  
**August 28 to September 5, 2010**



### **Cultivating the Factors of Awakening**

You are invited to attend the first Insight Dialogue Retreat in Vancouver.

Insight Dialogue is an interpersonal meditation practice that brings the mindfulness and tranquility of traditional silent meditation into our experience with others. It is based on the fundamental fact that we human beings are relational beings, and the lucidity of meditation can illuminate suffering and freedom from suffering.

Insight Dialogue rests on the foundation of traditional Buddhist teachings and skillfully applies them to our lives with others. In this residential retreat, we will practice both silent personal meditation and the relational meditation of Insight Dialogue.

Our focus on the retreat will be the factors of awakening. Together, we will support each other in maintaining the factor of mindfulness. We will discover how our capacity for enquiry deepens when we meditate together in dialogue, and we will taste the energy and joy born at the intersection of interpersonal meditation and deep silence. We will also nurture tranquility, concentration, and equanimity as we return time and again to the simplicity of lovingkindness, compassion, and awareness.

**Sea to Sky Retreat Centre** is located on a secluded forty-acre site of extraordinary beauty in British Columbia's coastal mountain range. In spring, summer and fall, woodlands of Douglas fir, western red cedar, western hemlock, birch, alder, and cottonwood give way to bright displays of wildflowers in meadows and along roadsides.

**Gregory Kramer** is a vipassana meditation teacher, author and director of the Metta Foundation and a visiting faculty member at Barre Centre for Buddhist Studies. He has been teaching vipassana and loving kindness meditation since 1980. He is the co-creator and developer of Insight Dialogue and teaches the practice worldwide. For further information, see [www.metta.org](http://www.metta.org).