

The Louisville Vipassana Community Presents:

From Breath to Spacious Awareness: A Retreat (Non-residential) with Donald Rothberg

October 9-11, 2015

WHEN: Oct. 9th, Friday evening from 7:30 p.m. to 9:00 p.m.; Oct. 10th and 11th, and Saturday and Sunday, from 9 a.m. to 5 p.m. (note: the retreat may end an hour earlier on Sunday)

WHERE: the Passionist Earth & Spirit Center ("The Barn"), 1924 Newburg Road, Louisville, KY

COST: \$60 (+ *dana* for the teacher)

TO REGISTER: Email us at louisville.vipassana@gmail.com

Note: Because the three days are a single retreat, and not separate events, those who register are expected to attend the entire retreat.

In this weekend retreat, we will explore, both through teachings and through silent meditation practice, a sequence of training that has three main parts, connecting our foundational mindfulness practice with opening to deeper awareness and greater freedom:

- (1) Stabilizing attention and cultivating concentration, particularly through mindfulness of breathing;
- (2) Developing insights into the "three characteristics" of experience (impermanence, suffering, and "not-self")--into where and how the mind fixates or grasps, leading to suffering and a lack of a sense of the flow of experience, particularly related to our sense of self and our habitual patterns--and learning to deconstruct and release such fixations; and
- (3) Opening to awareness beyond fixation and grasping, to moments of freedom, through a number of specific steps and practices, informed by teachings from the Buddha as well as the Thai Forest tradition and other Buddhist traditions.

We will explore several practices for each of these three training areas, and ways to bring such practices into daily life, as our awareness, compassion, and responsiveness deepen. There will be ongoing emphasis on and attention to the embodiment of our practice through Qigong, guided meditations, and instructions, allowing us to more easily carry the practices into our daily lives.



Donald Rothberg, Ph.D., a member of the Teachers Council at the Spirit Rock Meditation Center in Northern California, has practiced Insight and Metta Meditation since 1976, and has also received training in Tibetan Dzogchen and Mahamudra practice and the Hakomi approach to body-based psychotherapy. Formerly on the faculties of the University of Kentucky, Kenyon College, and Saybrook Graduate School, he writes and teaches on meditation, daily life practice, spirituality and psychology, and socially engaged Buddhism. He is the author of *The Engaged Spiritual Life: A Buddhist Approach to Transforming Ourselves and the World*. His web site is at www.donaldrothberg.com.