

Insight Dialogue and Vipassana Meditation Retreat

3rd to 9th March 2016

Patricia Genoud-Feldman has been practicing Vipassana and Dzogchen since 1984 in Asia under the guidance of Dilgo Khyentse Rinpoche and Sayadaw U Pandita and later in the West. She completed her teacher training at the Insight Meditation Society in Barre, MA, USA under the guidance of Joseph Goldstein and others and has been teaching Vipassana meditation since 1997 in Europe, Israel and the US. Patricia also studied and trained in Insight Dialogue and the Relational Dharma with Gregory Kramer as well as in MBSR in Worcester, MA, USA. www.vimalakirti.org



Patricia Genoud will be supported by Lama Irene and Sundar Dreyfus.

Insight Dialogue is an interpersonal meditation practice rooted in mindfulness and tranquility enabling insight to arise and providing a valuable means of integration of dharma in daily life. With this practice we extend the silent mode of meditation to the sphere of relationship through speaking and listening, when invited by the teacher. Specific instructions and contemplations will support the Insight Dialogue practice which will be combined with traditional Vipassana meditation. The retreat will unfold in complete silence apart from the dialogue and the group interviews with the teacher. The retreat will be of most benefit to those with previous experience of meditation.

This retreat will take place for the 4th time with Patricia Genoud at Schweibenalp. This time, participation is also possible for dedicated meditators without previous experiences in "Insight Dialogue", since there will be an introduction by Patricia Genoud at the beginning. It is possible to participate either in the whole event or during the first 3 days (see option 1 or 2). Sunday 6th of March after lunch to Monday 7th of March there will be a Vipassana-Meditation day and on the 8th and 9th of March there will be an advanced course. The course will be in English. Dialogues can be done either in English or in German

Please bring

- Warm clothing, trekking shoes, slippers, pen & paper to make notes

Book recommendation for the retreat

- „Insight-Dialogue“ Gregory Kramer, Arbor Verlag

Registration

- In our online events calendar www.schweibenalp.ch or by e-mail to info@schweibenalp.ch

Center of Unity Schweibenalp



The Center is reached in 2 hours by car and 3 hours by train from airport Zürich. Schweibenalp lies in the middle of the Bernese Oberland Alps on a high plateau, 1100m above sea level. From here we have an incredible view towards the Rothorn mountain chain, the Axalp and the Brienz lake.

Date

Option 1

Start Thursday 3rd March 2016 6pm with Dinner, ending Wednesday 9th March 1pm with lunch

Option 2 (shortened)

Start Thursday 3rd March 2016 6pm with Dinner, ending Sunday 6th March 1pm with lunch

Price

Beside the costs for food and accommodation and a contribution to the travel expenses of CHF 20.-, the retreat will be on donation basis.

According to the Buddhist tradition, the value of the teachings cannot be measured.

The only monetary compensation teachers receive is the donation provided by retreatants at the end of the retreat. However, there is a real need for teachers to receive a convenient donation as this is the only means they have for supporting themselves in their life.

Food & accommodation per night:
Single room CHF 135.-, Double room CHF 125.-, Multiple bed-room CHF 115.-
Price reduction on request.

Location

Center of Unity Schweibenalp, 3855 Brienz (Switzerland)