

Teacher Biographies

Akincano

was born in Switzerland, and was ordained into monastic life in the Theravada Forest Tradition in 1985. He trained as a Bhikkhu with Ajahn Sumedho, studied with the scholar monk Bhikkhu Payutto and practised meditation in several of Ajahn Chah's monasteries in Europe and Thailand. In 1998 he returned to Europe to live in Dhammapala monastery in the Swiss Alps. In early 2005 he left monastic life and now lives in Cologne, Germany, from where he teaches Dharma and Meditation internationally.

Martin Aylward

began his Dharma practice in Asia aged 19, where he spent most of the next five years with different Asian and Western teachers. Founder and guiding teacher of the Moulin Meditation centre in South West France, www.moulindechaves.org. Martin has taught meditation worldwide since 1999. He puts particular emphasis on finding our own authentic journey of awakening, integrating traditional teachings and practices into our own, modern, engaged lives.

Martine Batchelor

lived in Korea as a Zen nun for ten years. She is the author of 'Meditation for Life', 'The Path of Compassion', 'Women in Korean Zen', and 'Let Go: a Buddhist Guide to Breaking Free of Habits'. She teaches meditation worldwide, and lives in Southwest France.

Stephen Batchelor

studied for eight years under the guidance of Tibetan lamas and completed a three-year Zen training in Korea. A former Buddhist monk, he is the author of many books on Buddhism, including 'Buddhism without Beliefs' and 'Living with the Devil.' A member of the Gaia House Teacher Council, he leads retreats worldwide and lives in Southwest France. Stephen's Confession of a Buddhist Atheist is due to be published in March 2010.

Bhante Bodhidharma

began his meditation in the Soto Zen tradition and has practised widely in the Theravada tradition. In 1986 he was ordained. From June 2001 - 2005, he was teacher in residence at Gaia House and continues to teach a yearly weeklong Mahasi course there. In 2007, Satipanya Buddhist Retreat was opened on the Welsh borders, where he is the resident teacher. For details: www.satipanya.org.uk

Rob Burbea

has been practising and studying Buddhist meditation and Dharma since 1985 with a variety of teachers in England and the USA. He has been teaching since 2004 and is currently Resident teacher of Gaia House and a member of the Teacher Council. He is co-founder of SanghaSeva, an organisation dedicated to exploring the Dharma through service work internationally.

Mark Coleman

has practised Buddhist meditation since 1984. He is a Spirit Rock Meditation Teacher and has been teaching Insight meditation retreats since 1997. He also leads wilderness meditation retreats from Alaska to Peru, integrating mindfulness meditation with nature. He is author of *Awake in the Wild: Mindfulness in Nature as a Path of Self-Discovery*. Mark is a psychotherapist, life-coach and mindfulness consultant to corporations. He is an avid outdoor enthusiast and passionate about combining the forces of meditation, silence and nature.

Chris Cullen

has been practising Insight Meditation since 1996, and has recently started teaching. He is a graduate of the Community Dharma Leader Program at Spirit Rock Meditation Centre in the US, and trained as a Dharma teacher with Christina Feldman. He teaches and runs the counselling service at a secondary school in London, and is involved in the running of London Insight. He is co-founder of the Mindfulness in Schools Project, and is also involved in Sanghaseva.

Christina Feldman

is a co-founder of Gaia House and is on the Gaia House Teacher Council. She has been leading Insight Meditation retreats worldwide since 1976. She is a guiding teacher of the Insight Meditation Society, Massachusetts. Her books include 'Women Awake', 'The Way of Meditation', 'Silence', 'The Buddhist Path to Simplicity and Compassion.'

Kevin Griffin is the author of 'One Breath at a Time: Buddhism and the Twelve Steps' and 'A Burning Desire: Dharma God and the Path of Recovery'. He is a leader in the mindful recovery movement and a co-founder of the Buddhist Recovery Network. He teaches at treatment centers, spiritual centers, professional conferences, and colleges internationally. He trained as a Community Dharma Leader at Spirit Rock Meditation Center, in Marin County, California.

Caroline Jones

has been practising meditation for 20 years and teaching for the last three. She is especially interested in exploring ways of bringing the Buddha's teachings into the nitty gritty of our daily lives. She has led retreats at Gaia House and elsewhere. She was recently resident teacher at Gaia House for three months.

Gregory Kramer

co-founder and president of the Metta Foundation in Portland, Oregon, has been teaching Insight Meditation since 1980. He developed the practice of Insight Dialogue and has been teaching it since 1995, offering retreats in North America, Asia, Europe, and Australia.

Catherine McGee

has practised and studied Buddhist meditation with senior teachers from Asia and the West since 1992. She has been teaching Insight Meditation at Gaia House and internationally since 1997. Her practice is more recently influenced by the Diamond Approach of A H Almaas where she is a member of the School and a seminary student.

John Peacock

is both an academic and a Buddhist practitioner of nearly forty years. He was initially trained in the Tibetan Gelugpa tradition in India and subsequently spent time in Sri Lanka studying Theravada. At present he is Associate Director of the Oxford Mindfulness Centre and teaches on the Master of Studies programme in MBCT at Oxford University. He has been teaching meditation for over twenty five years and is a member of the Gaia House Teacher Council.

Yanai Postelnik

has practised and studied Buddhist meditation and teachings for 19 years and has been teaching internationally since 1992. He is much inspired by the Thai Forest tradition and regularly leads courses in the natural world. He lives in Devon, is a member of the Gaia House Teacher Council and also serves Gaia House as the Dharma Director.

Sharon Salzberg

is one of America's leading spiritual teachers and authors. A practitioner of Buddhist meditation for over thirty years, she is a co-founder of the Barre Center for Buddhist Studies and the Insight Meditation Society, and she directs meditation retreats throughout the United States and abroad.

Vajraghanta

Dr Jill Broadbent has been a practising Buddhist within the Friends of the Western Buddhist Order for 20 years; her Buddhist name within the Order is Vajraghanta. She is an internationally certified trainer in Nonviolent Communication™. With her husband, Richard Broadbent she founded 'The Centre for Compassionate Communication' which offers courses to support people in developing compassion within relationship.

Contact Information

Email enquiries@londoninsightmeditation.org.uk

Telephone Anita Courtman on 0208 892 2324

Booking Information

Internet www.londoninsightmeditation.org.uk

Post Please send details of events you wish to book for together with SAE to 58, Norreys Avenue, Wokingham, RG40 1UG. Cheques should be payable to London Insight. Please also include your telephone number & email.

Please note that no-one will be turned away if unable to pay and if spaces are available. Please contact us should you require payment assistance.

Venue Information

King Alfred School

149 North End Road, London NW11

Nearest tube – Golders Green

October Gallery

24 Old Gloucester Street, Bloomsbury, London WC1N 3AL

www.octobergallery.co.uk

Nearest underground – Holborn

Living Space

1 Coral Street, Waterloo, London SE1 7BE

www.living-space.org.uk

Nearest Underground – Waterloo

Please check disability access and provision with us in advance as our various venues have differing facilities.

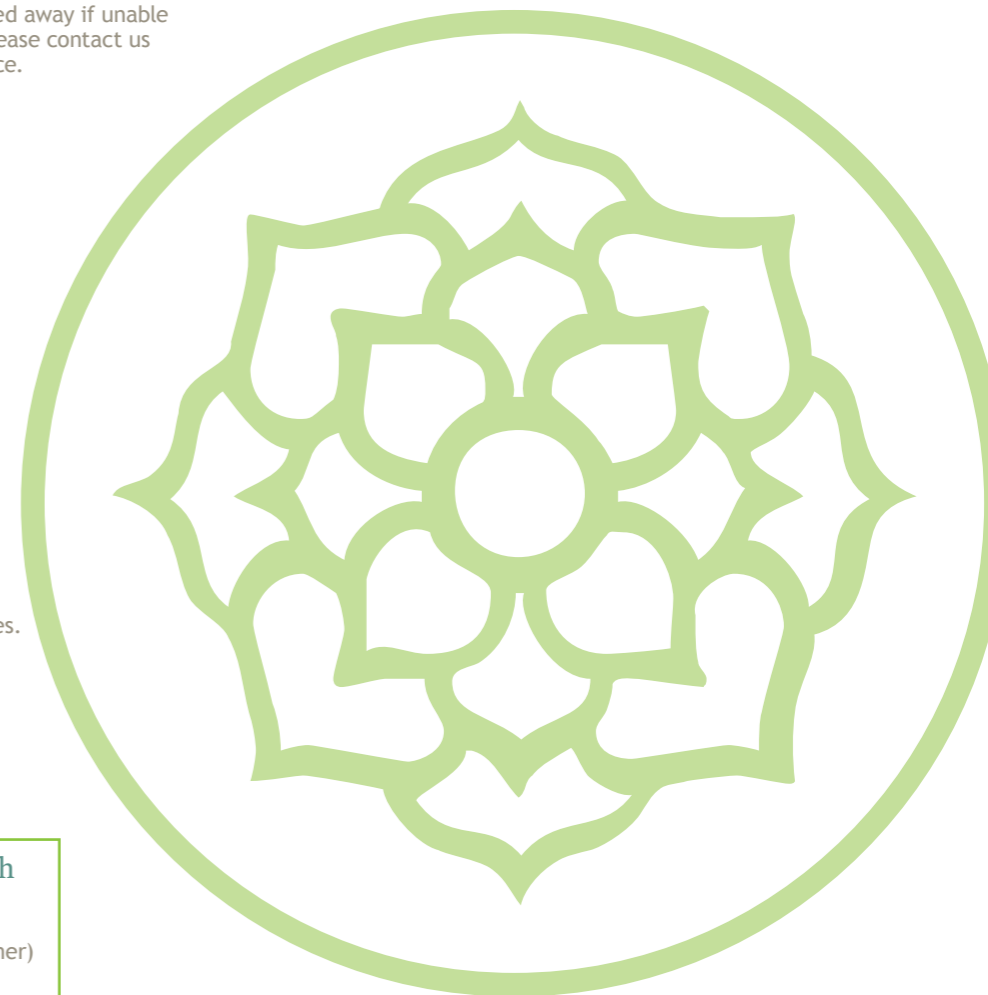
First Sunday of Every Month

Walk In Peace –

Monthly Peace Walk in Hyde Park
Starts 11am (meet at Speakers Corner)
Enquiries www.walkinpeace.co.uk

www.londoninsightmeditation.org.uk

London Insight Meditation Programme 2010



www.londoninsightmeditation.org.uk

Welcome to London Insight Meditation Programme 2010

London Insight Meditation (formerly London Retreats) provides opportunities for Londoners to encounter and deepen in the practices of Mindfulness and Insight / Vipassana Meditation. It was founded in 1995 after a group of meditators decided support was needed for their practice in London. Still run by volunteers we organise classes, courses, and day-long & weekend retreats.

Mindfulness is the cultivation of awareness in the present moment and Insight / Vipassana Meditation involves developing calm and insight into the nature of experience. They are increasingly recognised as invaluable supports for contemporary living. The benefits of these practices, which derive from the teachings of the Buddha, are also being endorsed by a growing body of scientific research. For further information please look at our website www.londoninsightmeditation.org.uk

Our vision is to build a London-wide community exploring how to integrate meditation practice, wisdom, compassion and service into modern urban life.

Our guiding teachers are all experienced and trained, and committed to a clear code of ethics; many of them are associated with Gaia House retreat centre in Devon.

London Insight is committed to diversity, and warmly welcomes people of all religious and political beliefs, ages, racial & ethnic backgrounds, sexual orientation or disability to our events.

Dana

In keeping with the 2,500 year old Buddhist practice, those teaching in the Insight Meditation tradition receive no fee for doing so. The event fees listed in this brochure cover only the basic running costs of hiring venues and teacher travel expenses.

Instead, in keeping with tradition, teachers rely on the generosity of those whom they are teaching to support their livelihoods. This is a beautiful yet challenging tradition since teachers share all the costs of modern living that we do, but without the predictability of a regular income.

At each London Insight Meditation event, participants therefore have an opportunity to make an anonymous financial contribution to support the teacher, and so to participate in the spirit of generosity (Dana) that has sustained this tradition and teaching since the time of the Buddha.

Therefore when you come to a session with us, not only is it an invitation to participate in the practice of meditation but equally to participate in this ancient and rich tradition of Dana. Your generosity to the teachers is greatly appreciated; it is truly what enables the continuation of their enormously valuable teaching.

www.londoninsightmeditation.org.uk

Day & Weekend Retreats

These retreats offer a chance to practise meditation and mindfulness in a supportive environment. The rhythm of such days includes alternate periods of sitting and walking meditation, and a teacher provides guidance through meditation instruction, a Dharma (teaching) talk, and a question and answer session.

Beginners are offered additional instruction and assistance, while for experienced meditators such days are opportunities to refresh and deepen their practice.

Apart from the set times of communication, the retreats are normally held in silence. At the end of the day there is a chance to get to know each other over a cup of tea.

Please bring your own cushion or stool if desired (there are plenty of chairs), appropriate clothing for outdoor walking meditation and some ready-to-eat vegetarian food as a contribution to our shared lunch.

Registration 9.30am – Start 10am – Finish 5pm

Sunday 24th January Martine Batchelor Letting Go	Sunday 23rd May Yanai Postelnik The Ten Perfections - Cultivating the Garden of the Heart	Sunday 12th September Stephen Batchelor Deconstructing Buddhism
Sunday 28th February Catherine McGee “What are you practising for?” An examination of motivation and inspiration.	Sat/Sun 5/6th June Sharon Salzberg Equanimity: The Balance born of Wisdom	Sunday 10th October Bhante Bodhidharma Vipassana Principles & Practice
Sunday 21st March Akincano Staying present - on and off the cushion	Sat/Sun 19/20th June Greg Kramer The Interpersonal Path to Freedom	Sat/Sun 13/14th November Christina Feldman Awakening - Liberating the Heart from Delusion
Sunday 25th April Martin Aylward What stops you being Awake and Free?	Sat 14th August Mark Coleman Who are you? Understanding the Mystery of Self	Sunday 5th December Rob Burbea Liberation from the Inner Critic

Admission – Day Events
£12 in advance or £15 / £10 concession on the day.

Admission – Weekend Events
£12 in advance (per day) or £15 / £10 concession on the day (per day).
Participants are strongly encouraged to book for both days.
£10 concession advance tickets available by postal booking

Venue – All retreats take place at King Alfred’s School, Golders Green except for Saturday 14th August: The October Gallery

www.londoninsightmeditation.org.uk

Study Days / Courses

Tuesday Evenings, 7pm - 9pm
12th, 19th, 26th January & 2nd, 9th, 16th February

Compassionate Communication:

a course in Non-Violent Communication with Vajraghanta

Communication forms a central part of our life experience.

It reflects our wish to be seen and heard; and to see and hear others. Compassionate Communication brings awareness to the choices we make when we communicate and develops the possibility of communicating, and living, more consciously from a place of greater depth and love. This course provides an opportunity to consider what enables authentic, compassionate communication, and to practise the attitudes and skills involved.

Admission – £54 (6 x £9 must be booked together)

Concession – £40 available by post.

Venue - October Gallery

In the Buddha’s Words - Study Days with John Peacock

Registration 9.45 am – Start 10 am – Finish 4.30pm

These days, led by one of the foremost scholar-practitioners in the Buddhist tradition, will offer an introduction and in-depth examination of a key text, exploring how our lives and practice can be enhanced and liberated by following the wise guidance of the Buddha’s own words.

Saturday 6th February
Anapanasati Sutta

- Mindfulness of Breathing

Admission – £12 in advance or £15 / £10 concession on the day
Venue TBC

Saturday 23rd October
Kayagatasati Sutta

- Mindfulness of the Body

Thursday Evenings, 7pm - 9pm

18th, 25th February, 4th, 11th, 25th March, 1st April

Everyday Wisdom: freeing the mind, opening the heart with Caroline Jones

Through meditation we cultivate the calmness and clarity we need to look deeply into our life. By investigating the unsatisfactory, changing, and insubstantial nature of our experience we can find freedom and healing. The cultivation of compassion helps these understandings to sink deeply into our heart and inform our life. Sessions will include a dharma talk, guided meditation, along with time to talk about the teachings and how to practise them in daily life.

Admission – £54 (6 x £9 must be booked together)

Concession – £40 available by post.

Venue - October Gallery

Tuesday 2nd March
Beginners Evening with Chris Cullen

This evening will provide a chance to explore the basics of Insight Meditation practice and how we can integrate it into our daily lives. Questions will be welcomed .

Admission – £9 / £7 (concession available by post)

Venue - TBC

Foundations Of Insight Meditation with Chris Cullen

This course will return in the Autumn. Check website for details.

Other courses will run during the year. Keep an eye on our website for details.

www.londoninsightmeditation.org.uk

Special Events

Saturday March 13th - Friday March 19th

Sat & Sun 10-5pm, Mon-Fri 7pm - 9pm

Work Sex Money Dharma.

An Urban Retreat with Martin Aylward

In a radical development of traditional practice formats, London Insight’s first urban retreat will allow Londoners the chance to experience the benefits of a meditation retreat whilst in the midst of our normal lives. Led by Martin Aylward, this Urban Retreat will have a unique format of a weekend non-residential retreat followed by a week of evening sessions during which we will use meditation, teachings, discussions and individual sessions with Martin to explore:

- how the challenges we face everyday can be used to reveal, open up and liberate our habit-patterns
- the gaps we create and maintain between our ‘spiritual life’ and the rest of life
- how we can bring all aspects of our life such as money, work & relationships into the practice of freedom and awakening

Admission – £70 / (£55 concession available by post)

Venue – Waterloo/Holborn TBC

Saturday 15th May

Buddhism and the Twelve Steps with Kevin Griffin

The Buddha said that clinging was the cause of suffering; the Twelve Steps are designed to free us from our addictions, the most stubborn form of clinging. In the workshop we will explore how these two traditions can support and inform each other. The day will include guided meditations, lecture, discussion, and interactive exercises. We will place a special emphasis on the question of “Higher Power” and how that can be understood from a Buddhist perspective.

Admission – £12 in advance or £15 / £10 concession on the day

Venue – The October Gallery

Saturday 27th November

Contemplating Death: a Gateway to Love and Freedom with Yanai Postelnik

A day of meditation, reflection and contemplation, for anyone familiar with Insight Meditation practice. The contemplation of death has a remarkable capacity to open the mind and touch our heart. Allowing ourselves to sense deeply into this central feature of our existence invites us to reconnect with the preciousness and mystery of our life. This practice helps clarify what is really important to us, opens our heart to the shared condition of all beings and invites a deeper letting go into the freedom which lies beyond death.

Admission – £12 in advance or £15 / £10 concession on the day

Venue – The October Gallery

Saturday 31st July

Waking up Together: Intimate Relationship on the Path to Awakening with Catherine McGee

A day exploring how committed relationship can contribute to our transformation. Open to anyone with an ongoing meditation practice.

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