Choosing Peace in Relationship: An Insight Dialogue Retreat
With Gregory Kramer, Ayya Anopama and Beatriz Rodriguez Vega
June 25-30, 2024
Santa María de Huerta. Soria. Spain

WHO IS THIS RETREAT FOR?
This retreat is for anyone wishing to experience the power of relationship to arouse meditative qualities that lead to wisdom. Insight Dialogue meditation is based on our own silent meditation, which is why previous meditation practice and retreat experience is recommended. This retreat is not aimed at professional accomplishment.

ABOUT INSIGHT DIALOGUE
Insight Dialogue is an interpersonal meditation practice that brings the mindfulness and stillness of traditional silent meditation into our experience with others. Resting on the foundations of traditional Buddhist teachings, this practice offers a way to integrate wisdom and compassion into our relational lives through mindful speaking and listening.

VENUE
Casa de Espiritualidad Santa María de Huerta
Calle San Bernardo 1,
Santa María de Huerta 42260 (Soria) (http://rscjsantamariahuerta.blogspot.com)

FECHA
June 25-30, 2024

Consecutive translation English-Spanish

ABOUT THIS RETREAT
All beings wish to live in peace. And yet conflicts at the interpersonal, social and global levels continually arise. Perhaps in our approach to peace we are looking in the wrong places. We cannot control our circumstances to create peace, but we can learn to relate to the world with more wisdom and balance. This takes practice. Since our lives in relationship are a key to both tension and ease, perhaps we can learn to meditate with others, cultivating mindfulness and tranquility while in relationship.

In this retreat we will explore the conditions that facilitate or hinder peace in ourselves and in relationship. We will practice meditation in silence and in relationship, two interwoven modes of wise and compassionate practice. From this, deep listening and speaking becomes possible. We experience the connection between peace and lovingkindness.

CONTACT
Susana Cebolla: direccionprogramasefsyp@efsyp.com
Beatriz Rodríguez Vega
Beatriz Rodriguez Vega is a meditation practitioner and teacher of Interpersonal Mindfulness and the MBSR program, of which she is also a teacher trainer. She was introduced to the teachings of the Insight Dialogue in 2010 and the inspiration of these teachings led her to further explore the field and become a teacher of Interpersonal Mindfulness through the guidance of Phyllis Hicks and Florence Meleo. She is currently part of the Insight Dialogue Teacher Development Group.
She is a psychiatrist and psychotherapist. She leads courses and retreats in Spain and Latin America. Her latest book: 'Being human' (DDB, 2019).

Gregory Kramer
Gregory Kramer is the founding teacher of the Insight Dialogue Community and has been teaching meditation since 1980. He developed the practice of Insight Dialogue and since 1995, has offered it at retreats in North America, Asia, Europe and Australia. This is the first time Gregory has offered an Insight Dialogue retreat in Spain.

He is the author of the books 'A Whole Life Path', 'Insight Dialogue' ('Mindfulness Dialogue' DDB, 2018) and others. More information: www.gregorykramer.org

Ayya Anopama
Ayya Anopama spent a long time in retreat in Burma, where she ordained as a Buddhist nun. Over the years she has had the good fortune to train with several highly respected Buddhist masters and meditation teachers in Asia and the West. Her teachings focus on wakefulness and compassion and integrate Insight Dialogue as a powerful vehicle for individual and relational growth. She is affiliated with Tilorien Monastery in Belgium and the Insight Dialogue Global Community where she is part of the Teacher Development Cohort.
ABOUT THE RETREAT
Regarding the Schedule
Please arrive between 15:30 and 17:30 on the first day to
begin at 18:00. The retreat concludes before lunch
(which is optional) at 13:00 on the last day.

Consecutive English-Spanish Translation

What to Bring
Please bring everything necessary for your personal
practice and warm clothing. Only a few mats and
cushions will be available at the retreat venue.

Retreat Conditions Include:
- Maintaining silence except during dialogue practices in
  the hall.
- Adhering to the daily schedule.
- Engaging in meditation practice.

Prices:
- Accommodation cost: 290 euros (room, meals, and a
  snack)
- Organizational fees (for venue rental, management,
  translation, and teacher travel): 290 euros.
- Teacher fees: Voluntary contribution (practice of
  generosity). Teachings are offered as DANA or generosity
  in giving and receiving and are expressed as a voluntary
  donation at the end of the retreat.

Scholarships
If our fees are too high for you, we invite you to request
support from EFSYP by sending an email to
direccionprogramasefsyp@efsyp.com.
We will inform you once the registration period is closed.

INSCRIPCIONES Y MODO DE PAGO:

1. Registration is done on our website: www.espaciosaludypsicoterapia.com or by directly accessing the registration
   form that you will need to fill out.

2. Submit your registration form, and please wait for us to confirm your spot. We will try to respond within 10 calendar
days.

3. Once we confirm your spot, you must make an initial transfer within the week following your acceptance for expenses
related to the organization and management of the course (290 euros). Your spot will be guaranteed at that point.

   ACCOUNT HOLDER: Espacio de Formación en Salud y Psicoterapia (EFSYP)
   BANK: TRIOODOS
   BANK ACCOUNT: IBAN ES74 1491 0001 2821 3761 6724 BIC/SWIFT: TRIOESMMXXX

4. Your spot will be fully confirmed once we receive your payment proof of 290 euros for registration expenses.

5. Payment for accommodation and full board must be made once your spot in the course is confirmed, through a
   second transfer of 290 euros to:

   ACCOUNT HOLDER: Casa de Espiritualidad de Santa María de Huerta
   CONCEPT: Conscious Dialogue Retreat, October 18-23, 2024
   IBAN: ES69 2100 1650 6602 0038 6605

6. Cost for the course teachings: The teachers of this retreat do not receive any specific payment for the time and energy
they invest in transmitting knowledge, preparing, and conducting the retreat. At the end of the retreat, there will be
an opportunity for the practice of DANA, and a voluntary contribution can be made if you wish to support them in
continuing to offer this service.

Cancellation and Refund Policy
The Organization reserves the right to cancel or modify dates and locations if the minimum number of participants is
not met. In such cases, participants will be notified in advance, and a full refund of the registration fee will be issued.
If you need to cancel your registration for the retreat, please contact us as soon as possible to allow for the
reassignment of your spot to another person. You can do so by emailing us at direccionprogramasefsyp@efsyp.com.
Please note that not utilizing accommodation or meals does not exempt you from paying the full fee. Delays in arrival
or early departures do not entitle you to any refunds.
If you wish to cancel your registration, the refund will vary as follows (due to incurred organization expenses):
   Cancellations made before March 1, 2024: 90% refund
   Cancellations made before April 1, 2024: 50% refund
   Cancellations made after May 1, 2024: No refund will be provided.