

Cascadia North ✦ Insight Dialogue Retreat

September 14-18, 2026

Bethlehem Centre ~ Nanaimo, BC CANADA

RETREAT COST \$ CDN

Shared room, shared bathroom: \$685

Private room, shared bathroom: \$865

Room w ensuite bathroom: pls inquire

Retreat fee includes:

- Four nights accommodation
- All meals (Mon dinner - Fri lunch)
Vegetarian with GF and DF options
- Teacher accommodations, meals and travel

Dana is an additional consideration

Teachers are traditionally supported by our generosity through an additional offering.

TEACHERS



Anna-Brown Griswold fell in love with Insight Dialogue practice in 2012 after nearly twenty years of practice in the Tibetan and Zen koan

lineages of Buddhism, including monastic practice and extended solitary retreats. A-B integrates the awakening power of dharma training, the skills of psychotherapeutic healing, parenting as an ongoing practice and an embodied lens of social justice. She works as a trauma therapist and facilitator in Seattle, WA.



Sandra Ramos Amézquita is the founder and director of the *Centro de Meditación Theravada* where she shares the Dhamma with the Hispanic public world-wide. Saandra began meditating in

2004 with *B. Alan Wallace, Chogyi Nyima Rinpoche* and *Mingyur Rinpoche*. She spent three years practicing in forest monasteries of Myanmar under the guidance of *Sayadaw U Tejaniya* and *Sayalay Dipankara*. She's been practicing Insight Dialogue since 2020 and she facilitates a monthly group in Spanish.



Photo: Lion's Roar 31 July 2025

Deepening Practice

At a time of world-wide challenges and widespread suffering, let's gather to cultivate goodness.

Through our attentive weaving of meditative dialogue, silent meditation, and time in nature, we will deepen the essential qualities that support inquiry into our crazy shared human experience!

The fruits of extended, dedicated silence and practice time are precious and extra-ordinary.

THIS RETREAT IS FOR THOSE EXPERIENCED WITH INSIGHT DIALOGUE CONTEMPLATION & NOBLE SILENCE
Registrants will need to have completed an Intro to Insight Dialogue class (see insightdialogue.org/practice-opportunities/online-practice) AND will have attended a residential meditation retreat in any tradition.

Insight Dialogue is our practice of deep contact with the world. It brings us into intimate relationship with our full selves and with the fullness of others, supported by the wisdom of the Path to liberation.

True and joyful relatedness invites us to know things as they are. Exactly this is our field of practice. Nothing is excluded.

REGISTER EARLY!

PARTICIPATION IS LIMITED TO 35 PEOPLE

For more information and to register, please contact Shurli Chan at shurlichen@gmail.com.