



Insight Meditation Community of Washington
meditate@imcw.org ~ www.imcw.org ~ 202.986.2922

Buddhist Meditation and Psychotherapy

A weekend non-residential training for mental health professionals

with

Tara Brach

June 11-13, 2010

Fri. 7-9:30pm; Sat. 9:30am-9:30pm; Sun. 10am-1pm

Parc Somerset, 5630 Wisconsin Ave., Chevy Chase, MD 20815

*There are many restaurants nearby, but you are also welcome
to bring food for lunch or dinner on Saturday.*

*If coming from out of town, you will need to find your own accommodations.
Bring a blanket and cushions if you want to sit on the floor (chairs available).*

Space is limited to 50 participants; pre-registration is required.

Pre-requisite: prior meditation experience

This weekend training introduces the core teachings in Buddhist psychology, the basic components of meditation, and ways of applying these practices in working with emotional healing. Through lecture, discussion, guided meditations and experiential exercises, workshop participants will explore how Buddhist meditation can serve their own awakening of awareness, as well as the healing and freedom of their clients.

Tara Brach, Ph. D., is founder and senior teacher of the Insight Meditation Community of Washington, and teaches Buddhist meditation at centers in the United States and Canada. A clinical psychologist, she has taught extensively on the application of Buddhist teachings to emotional healing. Tara is the author of *Radical Acceptance- Embracing Your Life with the Heart of a Buddha* (Bantam, 2003), and the upcoming book *True Refuge-Three Gateways to a Fearless Heart* (Bantam, 2011). For more information about Tara and a link to her podcast and teaching schedule, visit her website at: www.tarabrach.com.

Registration Fee: \$210.00 – (Registration begins January 25, 2010)

CEU's: www.SoundsTrue.com will be doing a professional recording of the workshop. They will produce a CD set that will include CEU's. Weekend participants will have the opportunity to order the CEU-CD's for about 75% off the retail price.

For more information about the workshop,
please contact Janet Merrick at: info@tarabrach.com or 301-814-1920.

To register: Please complete the registration form and mail with your check, payable to IMCW, to: Janet Merrick, 1 Marcia Ct., Rockville, MD 20851

IMCW Refund Policy:

\$35 of the registration fee is non-refundable. If you contact Janet Merrick by phone, email, or snail mail **on or before May 11**, the balance of your registration will be refunded. After May 11, we will refund the registration fee, only if we are able to fill your reservation with another participant. Issuing a refund check may take 2-4 weeks.

Wait List: Registration is limited to 50 participants; if full, we will maintain a wait list to use if cancellations occur.

Yes, I/we would like to register for Tara Brach's *Buddhist Meditation and Psychotherapy* weekend non-residential retreat for Mental Health Professionals.

June 11-13, 2010

Name: _____

Street: _____ City: _____ State: ____ ZIP: _____

Email: _____ Telephone(s): _____

What is your role as a mental health professional? _____

What is your experience with meditation? _____

Registration fee: \$210.00

Total amount enclosed: \$ _____

I can offer a ride from _____. I need a ride from _____.

I will need an assistive listening device (FM system is available with loop or headphones) _____
(For other disability-related accommodations, please email Janet with your request at least 3 weeks before the event.)

This workshop will fill quickly; please register early – pre-registration required.

You will receive a confirmation email with directions.

Please send this form with a check, payable to IMCW, to:

Janet Merrick, 1 Marcia Ct., Rockville, MD 20851

IMCW is working to make the Dharma accessible to all and to create a more welcoming and inclusive sangha. If you would like to support this effort by helping us track our progress, please check all that apply below. This information is strictly confidential, and will be used for survey purposes only:

____ A person of color, and/or ____ Gay/Lesbian/Bisexual/Trans-gender/Questioning and/or
____ A household earning \$40k or less per year