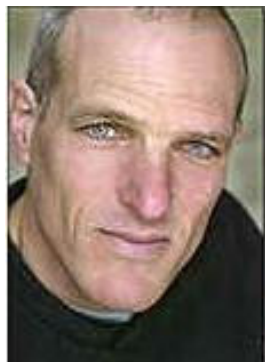




Mid America Dharma

Offering Insight Meditation to the Heartland



A Very Special Opportunity:

Gregory Kramer

Leading a Residential

Insight Dialogue Retreat

With Optional Facilitator Training

October 23-26, 2009 – Retreat Only

October 23-28, 2009 – Retreat with Optional Facilitator Training

Lake Doniphan Conference and Retreat Center – Excelsior Springs, MO (Kansas City area)

Insight Dialogue is an interpersonal meditation practice bringing the mindfulness and tranquility of traditional silent meditation into our experience with others. It is based on the fundamental fact that we humans are relational beings, and the lucidity of meditation can illuminate interpersonal suffering and freedom from suffering.

Insight Dialogue rests on the foundation of traditional Buddhist teachings, and skillfully applies them to our lives with others. In this residential retreat we will practice both silent, personal meditation, and the relational meditation of Insight Dialogue.

Immediately following the retreat, Gregory Kramer will offer **Insight Dialogue Facilitator Training** for those who would like to extend their retreat experience and learn how to lead groups in this powerful meditative practice. The workshop is optional, available only to those who attend the retreat.

About the Teacher: Gregory Kramer, Ph.D. is a meditation teacher, author, and director of the Metta Foundation. He developed the practice of Insight Dialogue and teaches it worldwide. His books include *Insight Dialogue: The Interpersonal Path to Freedom* (Shambhala). He is a faculty member of the Barre Center for Buddhist Studies and lives in Portland, Oregon.

Cost: Single and double occupancy rooms are available. Registration fees include lodging and meals, which will be simple vegetarian fare. A limited number of need-based scholarships are available on request. Apply at least three weeks before the retreat and please register when applying, to assure we reserve a place for you.

Retreat Only:	\$360 (single occupancy)	\$300 (double occupancy)
Retreat Plus Facilitator Training:	\$530 (single occupancy)	\$460 (double occupancy)

For more information and to register online, go to: www.retreat0910.homestead.com

To request scholarship information or an application contact Jon Yaffe at: gjyaffe@sbcglobal.net

For more information about Insight Dialogue and Gregory Kramer, go to www.metta.org

Please be mindful that registration fees are used to rent retreat facilities, reimburse teacher travel, room and board, and pay other administrative expense. Teacher Compensation is strictly by donation (dana – generosity). Those who offer these precious teachings share them freely without charge. They depend on the generosity of those who receive the teachings for their livelihood. We encourage you to support the teacher and the continued sharing of the teachings through a financial contribution.