

## ***The Two Wings of Practice: Wisdom and Compassion***

Insight Meditation Virtual Retreat

Led by Ginger Clarkson and Travis Hicks

Saturday, January 23rd 7:30 am to 3:30 pm

Cost: \$30

Sponsored by Insight Meditation Houston

### ***The Two Wings of Practice: Wisdom and Compassion***

In these times of polarization and divisiveness, many of us have experienced periods of bodily tension, mental anxiety, and heartache. The two wings of practice remind us to reconnect with our innate Buddha nature. On retreat, we sense the wisdom of the body, breathing, settling and grounding. As we practice witnessing thoughts and emotions arising and passing away without reactivity, the mind renews its capacity for wise insight and clear perception. A calmer body and a clearer mind support the heart opening with natural compassion. Returning home to what is wise and compassionate within us benefits us and all whose paths we touch.

The retreat is suitable for new and experienced meditators. This retreat will start 7:30 am and ends at 3:30 pm on Saturday, January 23<sup>rd</sup>. The schedule includes periods of silent sitting and walking, guided Brahma Vihara heart practices, dharma talks about each part of the theme, and smaller group discussions led by each teacher. See schedule below.



**Ginger Clarkson** is a Community Dharma Leader, certified by Spirit Rock Meditation Center in Woodacre, California. She is the author of *A Silent Cure: Transforming Preverbal Trauma Through Meditation* and *Poems From the Heart of Silence*, a compilation of poetry inspired by month-long silent meditation retreats. Ginger is a Music Therapist and has recently completed Buddhist Chaplaincy Training. She has led Insight Meditation Houston since 2012.



**Travis Hicks** will soon complete training to be a Mindfulness Meditation Teacher, certified by the Greater Good Science Center at the University of California, Berkley. Travis is an architect and former Board Chair of IMH. He has given talks at Insight Meditation Houston since 2017.

**Registration:** The cost of the retreat is \$30 per household. An additional amount for teacher dana can be added to the registration fee at the time of payment or made separately at the end of the retreat. Registration will end on January 20<sup>th</sup>. Please register through the IMH website or my mailing in the registration form.

**Cancellation policy:**

- If you cancel your registration within one week of the event you will receive NO refund.
- If you cancel more than a week before the event, you will receive a full refund less any applicable PayPal fees.

**Zoom participation:** We suggest that each member of the household log into the retreat on a separate device located in separate rooms. This will allow participants in a household to be placed in different small groups and will prevent feedback caused by devices in close proximity to each other.

**Schedule:**

Saturday, January 23, 2021

7:30am—Qigong & Sitting

8:15—BREAKFAST BREAK

9:00—Sitting/Three Refuges & Five Precepts

9:45—Walking

10:15—Sitting (Guided)

11:00—Walking

11:30—Dharma Talk

12:00—LUNCH BREAK

1:00—Sitting

1:30—Walk

2:00—Dharma Talk

2:30—Discussion

3:00—Sitting

3:15—Check-in

3:30—Close