

## ***Unhindered:***

### ***A Mindful Path Through the Five Hindrances***

Insight Meditation Houston **Virtual Retreat**

Led by Ginger Clarkson and Travis Hicks

Saturday, January 22nd, 10 am to 4 pm

Cost: \$30

#### ***Unhindered: A Mindful Path Through the Five Hindrances***

The theme of this daylong retreat is the title of a book by meditation teacher Gil Fronsdal. Among the many forces of distraction, the Buddha identified some classic hindrances that are especially common in meditation practice. They can impede our ability to see clearly and our capacity to develop concentration. The hindrances are sensual desire; ill will or aversion; sleepiness and lethargy; restlessness and worry; and doubt. In this retreat, we will become more familiar with these physical and mental factors and learn skillful ways to deal with them. A series of brief dharma talks, guided reflections and periods of silent meditation will help us to practice freeing the mind.

The retreat is suitable for new and experienced meditators. This retreat will start at 10:00 am and run through 4:00 pm. The schedule includes a series of brief dharma talks, guided reflections, and periods of silent meditation, helping us to practice freeing the mind.

The Zoom links will be mailed out before the class.



**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** is a Mindfulness Meditation Teacher, certified by the Greater Good Science Center at the University of California, Berkeley. 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 each. Scholarships are generously provided by the sangha, for those in need. 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 21st. 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.